

SAVE FEET, SAVE LIVES

If you have diabetes, a foot ulceration can be serious, so find out about prevention and getting your feet checked.

The 14 steps to keep your feet safe and prevent foot ulceration



Step 1: Keep your blood glucose levels optimal



Step 2: Wash your feet daily with lukewarm water and soap.



Step 3: Dry your feet well, especially between toes.



Step 4: Apply moisturizing lotion, but do not apply between the toes.



Step 5: Check your feet for blisters, cuts, redness, thickening of skin, toe nail infection, fungal infection, etc. If present, consult your doctor.



Step 6: Trim your nails straight across and file the edge with a nail file.



Step 7: Avoid self-surgery of callus and corn.



Step 8: Change socks daily; avoid tight socks.



Step 9: Never walk bare foot either indoors or outdoors.



Step 10: Wear appropriate foot wear.



Step 11: Examine your shoes daily for cracks, stones, nails which may irritate feet..



Step 12: Avoid walking barefoot in religious places especially in summer; wear cotton socks while visiting such places.



Step 13: Get your feet checked in a clinic or hospital.



Step 14: Maintain a well-balanced diet, quit smoking and have your blood pressure under check.

Go to your doctor straight away, if you notice anything unusual or worrying during your footcheck, such as:

- × An ulcer
- × A cut
- × Swelling or redness
- × A scratch
- × A blister
- × Or feel pain

**NEED A
DOCTOR?**

**Find out more
savefeetsavelives.in**

contains further detailed information, guides and videos.



**CLOSING WOUNDS,
SAVING FEET,
SAVING LIVES.**



A program by Urgo Medical