



**Texas Children's
Health Plan**

The best decision a family can make.

Put your **best foot forward**

When you have diabetes, it is best to check your feet every day. You should see your doctor every 6 months for a checkup. Your doctor will check your feet during the visit.

It is easy to care for your feet at home. Take these simple steps keep your feet healthy.

Step 1: Check your feet daily.

Look at your feet, between the toes, the soles, and the toenails.

Call your doctor if you notice:

- Red streaks, swelling, cracks, sores, injuries, or unknown objects in your foot.
- Burning, tingling, or pins and needles feeling, numbness or extreme sensitivity when you touch your feet. These things are known as Neuropathy
- Toenail problems including nails growing into the skin causing redness or pin. Nails thickening, yellowing, or discolored.

Step 2: Daily Cleaning

- Wash your feet every day using warm water and a mild soap making sure to wash between the toes. Do not test the temperature of the water using your feet if you have diminished sensation.
- After washing, use a gentle patting motion with soft towel to dry your feet well, especially between the toes.
- Apply a moisturizing lotion to each foot. Do not apply the lotion between the toes.
- Do not trim or cut your toenails, corns or calluses yourself. Ask your doctor.

Step 3: Wear Proper Footwear

- Never walk bare foot.
- Do not wear tight or uncomfortable shoes or socks—make sure they fit properly.
- Avoid shoes with open toes, heels, and narrow toe area.

Regular exercise can make you feel better. Exercise can also improve blood flow, increase foot strength, and flexibility. Good exercises include walking or riding a stationary bike. Ask your doctor for foot exercises you can do at home or before you start a new exercise program.

To learn more about diabetic foot care,
call Disease Management at
832-828-1430.

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