

Name:

Whom to Call:

DB1022A

## Diabetes: Caring for Your Body

When you have diabetes, your body needs special care. This care helps you stay healthy and prevent complications. Exercise and healthy eating are a part of this. You can also protect yourself by taking special care of your feet and skin.

### Caring for Your Feet

Follow these tips to help keep your feet healthy.

- Check your feet every day for cuts, sores, cracks, redness, or swelling.
- Wash your feet in warm (not hot) water. Don't soak them.
- Use an emery board to keep your toenails even with the ends of your toes. File away sharp edges. A podiatrist (foot doctor) may need to cut your toenails for you.
- Always wear shoes or slippers, even inside your home. Make sure that shoes are properly fitted. Change your socks daily.
- Call your healthcare provider right away if your feet are numb or painful, or if a cut or sore doesn't heal within a few days.



### Preventing Skin Infections

To prevent skin infections, bathe every day. Dry yourself well, especially between your toes. Wash any cuts with warm, soapy water and cover with a sterile bandage. Call your healthcare provider if a cut or sore doesn't heal in a few days, feels warm, itches, or has a bad odor.

### If You Smoke, Quit

Smoking is dangerous for everyone, especially people with diabetes. It can harm the blood vessels in your eyes, kidneys, and heart. It raises blood pressure. Smoking can also slow down healing, so infections are more likely. Ask your healthcare provider about programs to help you stop smoking.



### Notes