

Diabetic Foot Ulcers



promoting
healthy skin

Champions for Skin Integrity



Have a **health professional** care for and check your feet at least once a year

Inspect, wash and dry feet daily, especially between toes

Monitor blood sugar levels regularly

Check shoes and socks for sharp or rough edges or seams before putting them on

Check the **temperature** of the water before putting your feet in



Do not walk indoors or outdoors without well-fitting **shoes**

Do not **smoke**





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