

Diabetic Foot Ulcers



TIP SHEET

- ✓ 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 temperature of water before putting your feet in
- ✗ Do not walk indoors or outdoors without well-fitting shoes
- ✗ Do not smoke





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