



Taking Care of Your Feet

People with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to serious complications. Sadly, diabetic foot ulcers are the leading cause of lower extremity amputations.

Most people can prevent any serious foot problem by following some simple steps. So let's begin taking care of your feet today.

Caring for Your Feet

There are many things you can do to keep your feet healthy.

- Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.
- Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- Be more active. Plan your physical activity program with your health team.
- Ask your doctor about Medicare coverage for special shoes.
- Wash your feet every day. Dry them carefully, especially between the toes.
- Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes. Read more about skin care.
- If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- Wear shoes and socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
- Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time. Don't smoke.
- Get started now. Begin taking good care of your feet today. Set a time every day to check your feet.



Prevention

Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems.

Remember to take off your socks and shoes while you wait for your physical examination.

Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely.

Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team.

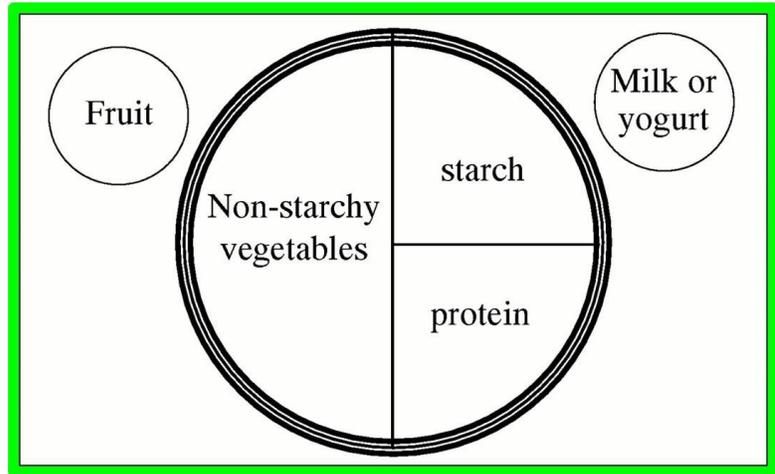
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We are here to help!

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The Plate Method is a great tool for meal planning!



Remember ...

It is recommended that adults get 150 minutes of physical activity each week.

Banana Pudding Squares

- 1 cup graham cracker crumbs
- 2 tablespoons margarine, melted
- 1 package (8 oz) fat-free cream cheese, softened
- 2 packages of sugar-free, fat-free banana cream instant pudding and pie filling mix
- 3 cups skim milk
- 1-8 oz container of reduced-fat whipped topping, divided
- 2 medium bananas
- 1 tablespoon unsweetened cocoa powder (optional)

1. Line 13x9 pan with foil and coat lightly with nonstick cooking spray. Stir graham cracker crumbs and margarine in a small bowl until blended. Scatter crumbs into pan and press into even layer.
2. Beat cream cheese in a large bowl with electric mixer at low speed until smooth. Add pudding mix and milk; beat at high speed 2 minutes or until smooth and creamy. Fold half of whipped topping into pudding until well blended. Reserve half of pudding mixture. Drop remaining pudding mixture by heaping tablespoonful onto crust.
3. Peel bananas; cut into half lengthwise, then cut crosswise into 1/4 inch slices. Sprinkle bananas evenly over pudding. Spoon reserved pudding mixture over bananas; spread into even layer.
4. Spread remaining whipped topping evenly over pudding mixture. Loosely cover with plastic wrap and refrigerate 2 hours (or up to 8 hours). If desired, sprinkle with cocoa just before serving.

Makes 18 servings



Nutrition Info per serving:

- Calories 112*
- Total Fat 4g (Saturated fat 2g)*
- Protein 4g*
- Carbohydrate 15g*
- Cholesterol 2mg*
- Dietary Fiber 1g*
- Sodium 292mg*