

# EFFECTS OF DIABETES

## Treat Your Feet

**DIABETES**

YOU CAN WIN FOUNDATION, INC.

### HIGH BLOOD SUGAR

- Uncontrolled, longterm high blood sugar can lead to irreversible nerve damage
- You may begin to lose feeling and fail to notice small cuts and sores
- Harmless wounds can turn into serious problems if left untreated

### BE PROACTIVE

- TIP - wear white socks so you can notice blood/ fluids easily
- Wash your feet with gentle soap daily and keep them dry
- When in doubt get it checked out by a medical professional

### SELF-EXAMINATION

- Regularly check your feet for wounds, both big and small
- Make sure your feet are not dry and cracking --> apply lotion or petroleum jelly
- Check your foot pulses

### BLOOD FLOW TO YOUR FEET

- Check for strong pulses here:
  - Behind the knee
  - Inside part of the ankle
  - On top of the foot

### TREAT WOUNDS

- Rinse and wash with antibacterial soap
- Dry completely
- Apply Neosporin or petroleum jelly
- Watch it closely and make sure it is healing within 3-5 days
- If not, contact a medical professional

### FOOT EXERCISES

- Exercise your feet daily to improve blood flow
- Exercises like:
  - Wiggle your toes
  - Move your feet up and down
  - Move your ankles in circles
  - Raise your heels

Visit [diabetesyoucanwin.org](http://diabetesyoucanwin.org) for more information