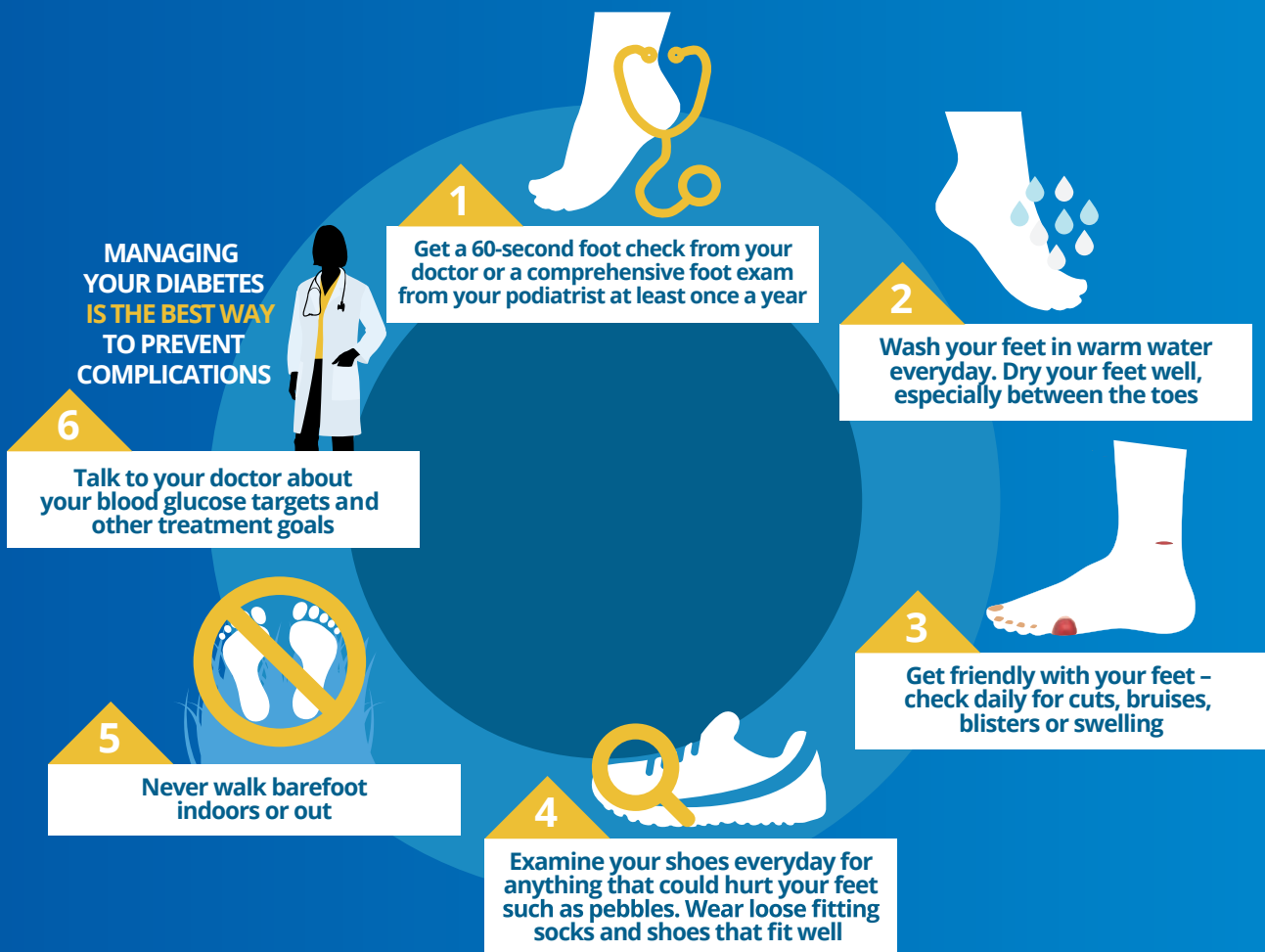


# Six simple steps to keep you and your loved ones ON YOUR FEET



People with diabetes have to take special care of their feet and have a comprehensive foot exam at least once a year

Follow these simple steps:



MANAGING YOUR DIABETES IS THE BEST WAY TO PREVENT COMPLICATIONS

1 Get a 60-second foot check from your doctor or a comprehensive foot exam from your podiatrist at least once a year

2 Wash your feet in warm water everyday. Dry your feet well, especially between the toes

6 Talk to your doctor about your blood glucose targets and other treatment goals

3 Get friendly with your feet – check daily for cuts, bruises, blisters or swelling

5 Never walk barefoot indoors or out

4 Examine your shoes everyday for anything that could hurt your feet such as pebbles. Wear loose fitting socks and shoes that fit well

**Save your leg!** Speak to your health professional for more advice on how to keep your feet healthy

Reference: Baker IDI; Diabetes Australia, JDRF. Diabetes: the silent pandemic and its impact on Australia. Canberra: Diabetes Australia; 2012.