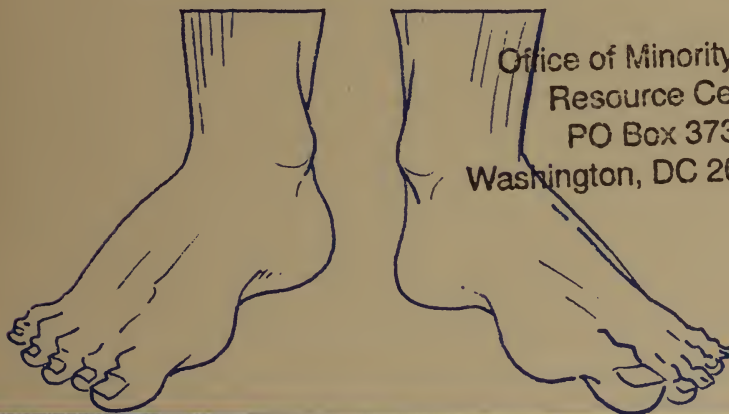


TAKING CARE OF YOUR FEET



Office of Minority Health
Resource Center
PO Box 37337
Washington, DC 20013-7337

MH95D2165



Taking care of your feet

You **can** prevent damage to your feet.

You **can** keep your feet healthy.

This booklet will help you learn how to take care of your feet.

How do foot problems happen?

Some people with high blood sugar:

- lose feeling in their feet
- have poor blood supply to their legs and feet.

Legs and feet can be damaged. Some people can lose a toe or foot.

What can you do?

Look at your feet daily.

Daily care can prevent loss of a toe, foot or leg.

Ask a family member to look at your feet if you have poor eyesight or cannot bend over.

Use a hand mirror to help you look at your feet.

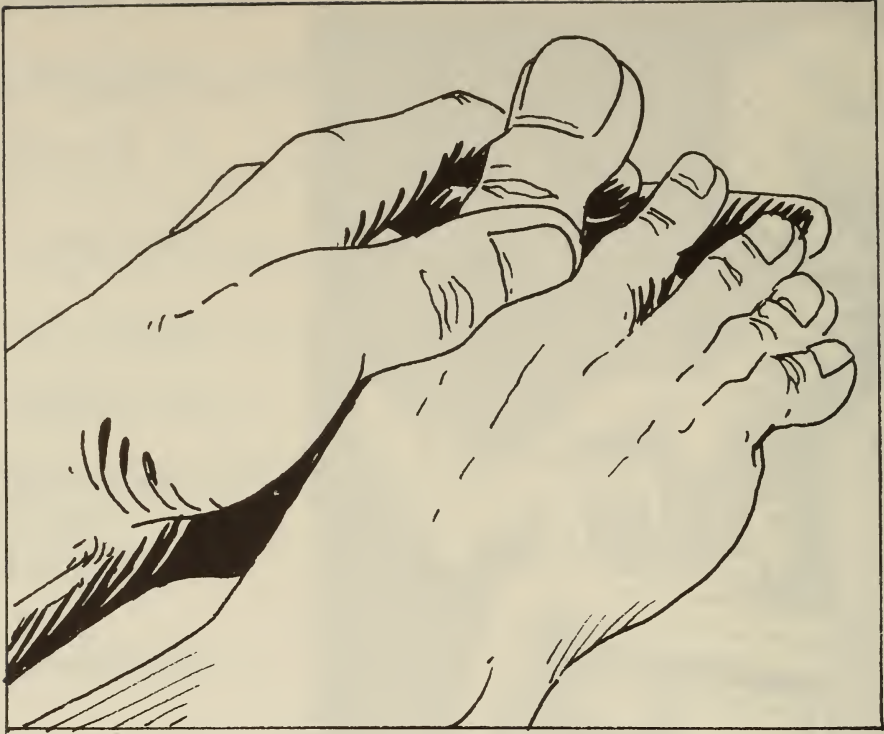
Be sure to look between your toes.

Look daily for:

- cracks, or breaks in the skin,
- blisters,
- cuts,
- scratches,
- red or black spots,
- ingrown toenails,
- dryness.

Look at your feet and between your toes.

If you see any damage to your feet, go to the clinic. Show the doctor the changes.



Wash Daily.

Wash your feet each day in warm water. Use mild soap and rinse well.

Check the water temperature with your arm or elbow before washing. Water should feel lukewarm, not hot.

Dry your feet by patting dry. Be sure to dry between your toes.

Put lotion on your feet to keep skin soft. Lotion prevents cracking and drying.

Look at your feet and between your toes.



You can prevent foot damage.

File or cut your toenails straight across.

You can damage your feet if you cut your own calluses or corns. See the clinic doctor for these problems.

Only use medicine from the clinic on your feet for corns, bunions, calluses, cuts or scratches.
Store medicine may hurt your feet.



Socks

Wear clean socks every day. Change your socks every day.

Keep your feet warm with socks. Do not use heating pads or hot water bottles.

Keep your feet dry. Cotton socks are best.

Wear socks without seams, holes or mends.

Do not use elastic garters.

Knee socks should not leave marks on your skin.

All socks should fit loosely.



Shoes

Always wear your shoes indoors or outdoors. You can cut, burn or bruise your feet by walking barefoot.

Wear shoes that fit. Tie shoe laces loosely.

Do not wear pointed boots or shoes. Do not wear high heels. Do not wear sandals.

Keep your shoes on during Pow-Wows and celebrations.

Wear shoes when walking on beaches or near pools.

Check your shoes for small stones, nail points or torn linings.

New Shoes



Make sure your shoes fit the shape of your foot.

Break in new shoes a little at a time.

Check your feet for blisters after wearing for a few hours.

Your shoes should not cause blisters. Wear socks to help cushion and protect your feet.

If you get a foot blister or sore, go to the clinic. Show the doctor your foot. Bring your shoes and socks with you.

You **can** prevent damage to your feet.

Cuts and scratches

Wash each small cut or scratch with soap and water.

Do not put adhesive tape or bandaids on your skin. Tape or bandaids can damage the skin on your feet.

Use gauze bandaids for small cuts, scratches.

Look at cuts and scratches daily.

Come to the clinic if cuts, scratches do not get better in 3 days.

The Clinic staff can help.

Check with the clinic staff if you have any foot or health problems.

Clinic _____

Phone number _____ Days

_____ After hours

NOTES

The first part of the report
concerns the general
state of the country
and the progress of
the various departments
of the government
during the year
1874.

Produced by the Portland Area Diabetes Program (William Freeman, M.D., M.P.H., Director, Gwen Hosey, R.N., M.S., Nurse Consultant, Karen Scott, Secretary), in cooperation with the Northwest Portland Area Indian Health Board (Tom Jones, Director, Mel Sampson, Chairperson, Yakima Nation) and the Indian Health Service Diabetes Program, Headquarters West, Albuquerque, New Mexico.

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