

5 Ways to Care For Your Feet

Foot health management is good for everyone and is especially important for people living with diabetes. Because people with diabetes are more susceptible to foot complications, it's important to set up a routine that will help prevent or manage foot complications.

Use this easy list to keep on top of your foot health and manage your diabetes well.

1 **Manage Your Weight**

Being overweight can impact your feet and increase health risks such as foot arthritis, foot pain, or other foot complications. You can also run the risk of poor blood circulation, diabetes, and other health issues that may lead to loss of feeling in the feet.

2 **Wear Good Shoes**

Uncomfortable shoes may cause skin irritation or other foot health risks. The right shoes can be one of the best preventative measures you can take to aid in foot health. Choose a shoe that's comfortable, supportive, and fits you properly.

3 **Choose the Right Time for a Shoe Fitting**

Since feet can swell throughout the day, it's recommended that you try on shoes later in the day when your feet are at their largest. This will help ensure that they are comfortable when you wear them daily. Be sure to measure both feet and always order the larger size.

4 **Wear Proper-Fitting Socks**

Make sure to wear socks that fit your feet. Pay attention to the foot and ankle width and find socks that do not cut off circulation. Also, wearing seamless socks can help prevent skin irritation.

5 **Do Foot Stretches**

Throughout the day, take a few moments to do foot stretches and exercises. A periodic ankle flex, toe wiggle, and calf stretch can help maintain proper blood circulation in your feet.

Learn more at

<https://www.diabetes.org/living-with-diabetes/complications/footcare>

Educational content provided by Dr. Comfort



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