

# Examining Your Skin and Feet

Over all the miles you travel, skin and foot problems can develop without you even realizing it.

You may not be able to feel a stone in the bottom of your shoe, when you've stepped on a piece of glass while going barefoot, or gotten a splinter on the bottom of your foot.

You may not notice an injury or infection right away so take time each day to monitor your skin and feet.

*"I use a mirror to look at the bottom of my feet to make sure I don't have any sores or cuts on the bottom of my feet daily."*

Check all the areas of your feet, including the bottoms, heels and between your toes. If you can't easily see your entire foot, ask someone else to check for you.

Make these checks a regular part of your daily routine so they become habit. It only takes a minute!

*"It's very quick to check your feet in the morning, to dry them thoroughly after showering. It doesn't take long to do those things."*

If you notice: redness, flaking, warmth, calluses, dry or cracked skin, cuts or sores that won't heal (no matter how small), a change in the shape of your foot, tingling, pain, an ingrown toenail.

Contact your healthcare provider immediately.

Remember to check the inside of your shoes each time you put them on. Even a tiny pebble can cause damage.

Daily self-checks and careful monitoring can help prevent an injury and protect the health of your skin and feet for the long-term.

Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes Care and Education Specialists are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at [www.DiabetesEducator.org/find](http://www.DiabetesEducator.org/find).