

Diabetes: Daily Foot Check

When you've got diabetes, the nerves and blood vessels in your feet can get damaged.

Your feet may feel numb, and injuries may take longer to heal.

It's important to check your feet every day.

Here's how.

You'll want to give everything a close look in good lighting.

A hand mirror may be useful.

Check every part: the tops, the soles, the heels, and between the toes.

Some problems need a doctor's care right away.

For others, it's okay to make an appointment with your doctor as soon as you can.

And you can treat some problems yourself.

Here's what to look for.

Look for the most serious problems first.

If you have signs of infection, like redness, oozing, or warmth, or a large sore, don't try to treat it yourself.

Call your doctor today.

If you feel tingling or numbness in your feet, it could be caused by nerve damage.

Make an appointment with your doctor as soon as you can.

If you have corns or calluses, don't cut them, file them down, or do anything that may break the skin.

Just leave them alone until the next time you see your doctor.

Finally, look for blisters or broken skin.

Never pop a blister, and treat any little cut or scratch with care.

Gently wash it with mild soap, and cover it with a bandage.

As long as it doesn't get infected, you can tell your doctor about it at your next visit.

Checking your feet every day is an important step in keeping your feet healthy and living better with diabetes.