

# LOW RISK DIABETIC FOOT

## ***Congratulations!***

Your foot exam shows that you are at a LOW risk for developing a foot ulcer or problem

To stay at a low risk, it is important that you follow the suggestions below:

1. DO NOT SMOKE. If you do smoke, it is very important to work at stopping. You can call the Smoker's Hot line 1-877-513-5333. Your health care provider may also have other resources for you.
2. Check your feet daily. Look at the top, bottom, between your toes. Use a mirror or have someone help you if you can't see your feet well.
3. Make sure your shoes fit you well.
4. Wash your feet daily and dry well, especially between your toes.
5. Trim your toenails straight across and smooth the edges with an emery board.
6. Apply moisturizer on the tops and bottoms of your feet but NOT between your toes.
7. Have your feet checked at least once a year by your health care team.

## ***Warning Signs***

1. If you develop pain in your calves on walking, make an appointment with your health-care team to check the circulation in your feet and discuss if you need further testing.
2. If you develop burning pain in your feet, make an appointment with your health care team to check your circulation and sensation and discuss treatment options for your pain.
3. If your feet lose their shape and you are finding it harder to fit shoes, make an appointment with your health care team to discuss if you need a referral for professionally fitted footwear or other treatment options.

## ***See a health care provider IMMEDIATELY if you develop any of the following***

1. Cold, painful, discolored (pale, blue or red) feet.
2. Red, hot, swollen feet with or without pain.
3. New or increasing pain in your lower legs or feet.
4. An open sore or swollen area that is red and draining, EVEN IF IT DOES NOT HURT.

## Personal Care Plan

To help healing and prevent further complications, it is important that you have good control of your blood sugar, blood pressure, and cholesterol. Your personal targets should be discussed with your health care provider.

Blood sugar/A1C target: \_\_\_\_\_

Blood pressure target: \_\_\_\_\_ Cholesterol target: \_\_\_\_\_

Other recommendations: \_\_\_\_\_

Next appointment date: \_\_\_\_\_

### **Hints from the Canadian Diabetes Association's handout**

#### **"Foot care: a step toward good health"**

<b>DO</b>	<b>DON'T</b>
Wear well-fitting shoes. They should be supportive, have a heel height less than 2 inches or 5cms and do not rub or pinch your feet. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.	Don't use over the counter medications to treat warts or corns. They are dangerous for people with diabetes.
Buy shoes late in the afternoon since your feet swell slightly by then.	Don't wear anything tight around your legs such as tight socks or knee-highs.
Wear socks at night if your feet get cold.	Don't ever go barefoot even indoors. Consider buying a pair of well-fitting shoes that are just for indoors. Soft house slippers may not provide enough protection.
Elevate your feet when you are sitting.	Don't put hot water bottles or heating pads on your feet
Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.	Don't sit or cross your legs for long periods of time.
Exercise regularly to improve circulation.	Don't smoke. Smoking, even secondhand smoke decreases circulation and healing and significantly increases the risk of amputation.
Inspect your feet daily and in particular, feel for skin temperature differences between your feet	Don't wear over-the-counter insoles unless recommended by your foot specialist. They can cause blisters if they are not right for your feet.



Patient handout: Foot care – a step towards good health -  
<http://guidelines.diabetes.ca/CDACPG/media/documents/patient-resources/foot-care.pdf>