

Caring for your feet

Here are the dos and don'ts of foot care if you have diabetes



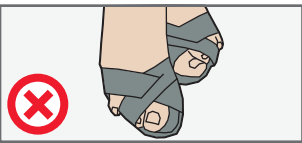
DO: Check your feet daily for blisters, cuts, ulcers or corns. If you see anything unusual, alert your doctor immediately.



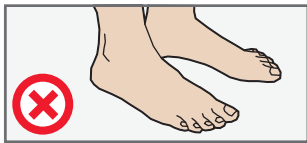
DO: Apply moisturising cream on dry parts of the foot to prevent cracks - but never between the toes as this can lead to fungal growth.



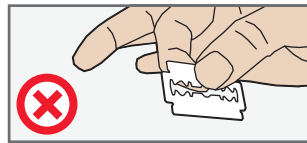
DO: Wash your feet every day with soap and water, and make sure to dry well between the toes.



DON'T: Wear ill-fitting shoes that could cause blisters or calluses. Before wearing your shoes, check inside to make sure there are no sharp edges or objects.



DON'T: Go barefoot at any time, even at home. Instead, you can wear cotton socks or bedroom slippers to protect your feet.



DON'T: Trim corns or calluses with a sharp blade, as you might accidentally cut yourself. See a podiatrist instead.