

Talk with Your Doctor

HOW ARE YOUR FEET DOING?

Check all that apply:

- I have itching between my toes
- I have dry skin on my feet
- The skin on my feet is peeling
- My feet are red and inflamed
- I have blisters on my feet
- I have sores that don't heal
- My toenails are too thick to cut
- My feet get cold easily
- My feet lose feeling and get numb
- I have thick calluses

If you checked anything on the list, please show it to your doctor or nurse. Be sure to ask them what YOU can do.

Date of last foot exam: _____



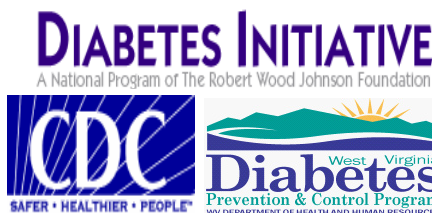
Diabetes
Now What?



Love Your Feet

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***A self-assessment and
action planning guide
for people with diabetes***



What can you do to take care of your feet?

WORD MATCH PUZZLE:

See if you can find a solution for each problem. To solve a problem pick a solution that works for you and write its letter in the blank space in front of the problem. You may pick more than one solution.



FOOT CARE PROBLEMS

- _____ Forget to regularly check feet
- _____ Can't bend down to easily see feet
- _____ It hurts to walk so don't do it
- _____ Skin on feet is dry and chapped
- _____ Toenails are thick and yellow
- _____ Feet are always cold
- _____ Can't find shoes that feel comfortable
- _____ Have calluses that hurt
- _____ Feet always ache

SOLUTION LIST

- A. Sit down and hold feet up to a mirror
- B. Wear soft cotton socks and athletic shoes
- C. Never go barefoot
- D. Post foot check reminders
- E. Walk a short distance--increase each week
- F. Apply lanolin lotion every day
- G. Do chair exercises
- H. Talk to your doctor
- I. Have a family member check your feet

FOOT CARE ACTION PLAN

What actions will you take?

What is one thing you will do to care for your feet?

When are you going to start? _____

How often?

___ Daily ___ Weekly ___ Monthly

How confident are you?

Not 1 2 3 4 5 6 7 8 9 10 Very
Confident Confident

Share your plan with a doctor or nurse if you are in the clinic.

Share your plan with a family member or friend.

Notes: _____

