



It Is Important To Check Your Feet Every Day

Foot care is an important part of care for people with diabetes. Diabetes can lead to nerve damage. Nerve damage can cause a loss of sensation in your feet. Because of this, any injury to the foot may not be felt. Injuries to the feet may be slow to heal and can become infected. To prevent future problems it is recommended to inspect your feet every day.

When you check your feet:

Look for Color Changes in Your Feet

- ❖ Pale or bluish toe color means poor blood flow.
- ❖ Black skin is a sign of dead tissue.
- ❖ Redness with streaks may be a sign of infection.

Look for Swelling in Your Feet

- ❖ Unusual puffiness, extreme tenderness and noticeable shoe tightness may mean that your feet are not getting enough blood flow.

Look for Change in Temperature

- ❖ If your feet seem to always be cold it may also be a sign of poor blood flow.

Pay Attention to Change in Sensation in Your Feet

- ❖ A feeling of “pins and needles,” numbness, tingling, burning or lack of feeling may be a result of nerve damage.

Look for Hot Spots on Your Feet

- ❖ Red or hot spots are caused by friction or pressure. These may also turn into blisters, corns or calluses.
- ❖ Sometimes the type of shoes you wear can cause pressure, which can break down your skin.

Look for Cracks, Sores, and Ulcers on Your Feet

- ❖ These are caused by dry skin, poor blood flow, or too much pressure. If these sores are not taken care of soon enough they may become infected.

Check for Ingrown Toenails

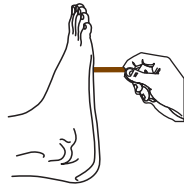
- ❖ Poor fitting shoes or not trimming your toenails straight across can cause ingrown toenails.

Tell your health care provider at once if you notice any of these changes in your feet!

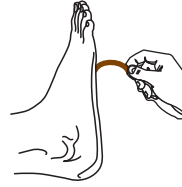


Self Testing Instructions

(You may check your own feet or ask a family member or friend to do it for you)



Step 1

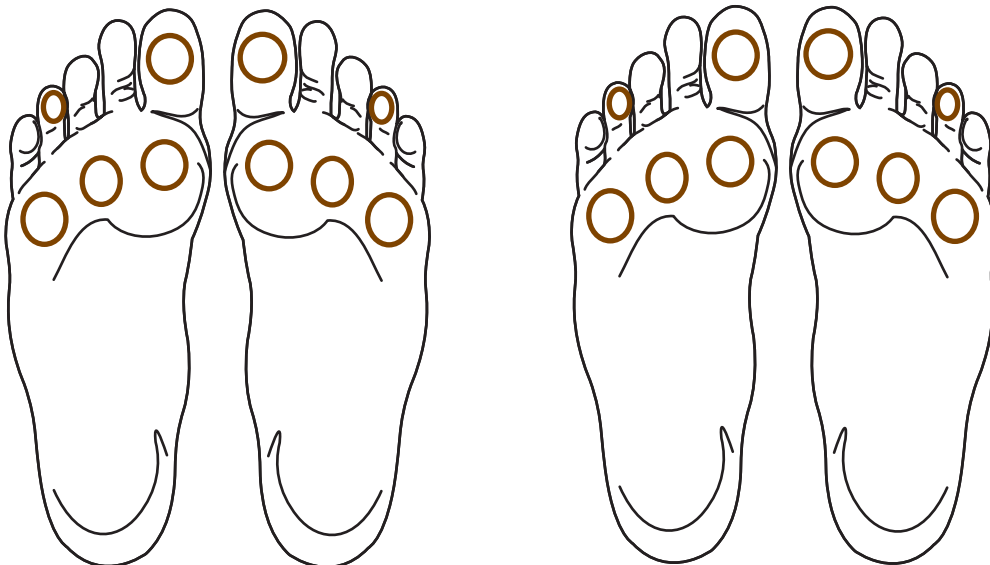


Step 2

1. Hold the filament (stiff nylon string) by the handle, as shown in Step 1.
2. Use a smooth motion to touch the filament to the skin on your foot. Touch the filament along the side of sores or calluses. **DO NOT** press the filament into a sore, callous, or scar. Touch the filament to your skin for 1 to 2 seconds. Push hard enough to make the filament bend as shown in Step 2.
3. Touch filament to both of your feet in the sites circled on the drawing below.
4. Place a (+) in the circle if you can feel the filament at that site and a (Ø) if you cannot feel the filament at that site.
5. The filament can be reused. After use, wipe with an alcohol swab.

Diabetes Foot Screen Test Sites

If you have a (Ø) in any circle, take this form to your health care provider as soon as possible.



Date: _____

Date: _____

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