TIPS FOR HEALTHY FEET

Most people with diabetes can prevent serious foot problems.

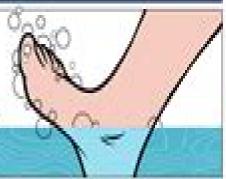
Check your feet every day

for cuts, redness, swelling, sores, blisters, corns, or calluses.



Wash your feet every day in warm (not hot)

water and dry them well.

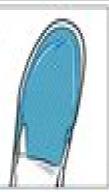


Never go barefoot, even inside.



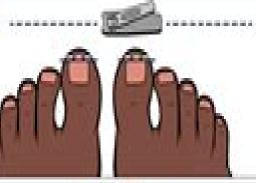
Wear shoes that fit well

and always. weer socks.



Trim your toenails straight across

and smooth out sharp edges with a nail file.



Don't try to remove corns or calluses yourself.



Get your feet checked at every health care visit and visit your foot doctor at least once a year.





Foot Care For Diabetes Chart

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Foot Care For Diabetes Chart:

Foot Care For Diabetes Chart Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Foot Care For Diabetes Chart**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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