

Don't Let Diabetes Get On Your Nerves

The nerves in your feet provide a natural alarm system. Diabetes can shut it off and result in undetected foot problems.



Signs and Symptoms

Tingling, sharp, or burning feeling, sometimes worse at night

Numbness or less ability to feel pain

Decreased ability to feel temperature changes

Dry skin, cracked skin

Muscle weakness

You have had foot ulcers, infections, changes in foot shape, or had bone or joint damage

Request a foot exam at every visit

Your health care provider should check for problems with:

- Circulation in your feet
- Toenails and skin
- Any deformities
- Footwear
- Nerves in your foot

Report any foot lesions, discoloration, or swelling as soon as possible to help avoid foot complications due to nerve damage.



Help keep your feet healthy at home.

- ✓ Manage your blood glucose (blood sugar) and try to reach your A1C target
- ✓ Eat a healthy diet
- ✓ Regularly exercise or walk
- ✓ Don't smoke
- ✓ Moisturize your skin (not between toes)
- ✓ Inspect feet daily (visually or by touch, check bottoms and between toes)
- ✓ Never walk barefoot (including indoors)
- ✓ Wear proper fitting shoes and good socks
- ✓ Inspect shoes inside and out daily before putting on
- ✓ Do not use corn plasters or wart removal medication
- ✓ Do not soak your feet in water or with epsom salt
- ✓ Check water temperature of tub or shower with your elbow before entering