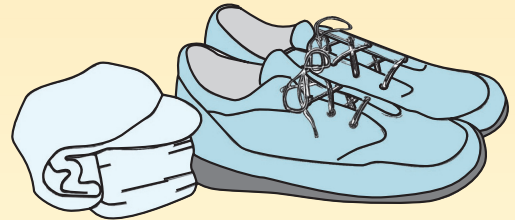


Take Care of Your Feet

Foot care is important when you have diabetes. Controlling your blood sugar levels can help you avoid diabetes foot problems.

Here are some helpful tips:

- Check your feet daily. Look for red spots, cuts, swelling, and blisters. Use a mirror or ask for help if you cannot see the bottom of your feet.
 - If sores don't start healing after 1 day, call your doctor.
- Wear comfortable, well-fitting shoes and socks. Make sure there is nothing inside before you put them on.
- Never walk barefoot.
- Wash and carefully dry your feet daily.
- Use lotion to keep the tops and bottoms of your feet soft and smooth. Do not put lotion between the toes.
- Trim your toenails straight across.
- Protect your feet from too much hot and cold.
- Put your feet up when sitting.
- Don't cross your legs for very long.
- Wiggle your toes and move your ankles up and down for 5 minutes at least 2 or 3 times a day.



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Get a complete foot exam once a year, or more often if you have problems.

This material has been developed by GlaxoSmithKline.