

# What can I do to Keep My Feet Healthy?

6. Wear proper shoes and socks.



7. Avoid walking on hot or cold surfaces.



8. Manage your diabetes.



## Simple Exercises for Your Feet



When sitting, move your ankles in a circular motion and wiggle your toes



Stand on your toes and lift your heel a few times every minute



© Tan Tock Seng Hospital, Singapore 2020. All rights reserved. All information correct as of June 2020. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.

PECC-CEN-ED-2020-834-v1

## Community Health

## Diabetes & Foot Care



## How can Diabetes Affect My Feet

- Poorly-controlled diabetes can result in a form of nerve damage known as **diabetic neuropathy**.
- Diabetic neuropathy causes tingling, pain and loss of sensation in your feet.
- It may also decrease blood flow to the feet. Therefore, wounds may take a longer time to heal or may never heal.



Deformity of the feet



Foot infections



Foot ulcers



Gangrene if infection worsens



Amputation if gangrene or foot ulcers do not get better

## What can I do to Keep My Feet Healthy?

1. Check your feet everyday for any damage.



2. Wash your feet with warm water & pat them dry.



3. Apply moisturiser over your feet and avoid applying it between your toes.
4. Maintain toenails by cutting them straight across.



5. Check your feet for corns or calluses. Do not use over-the-counter corn or callus removal methods.

