

# Foot care for people with diabetes

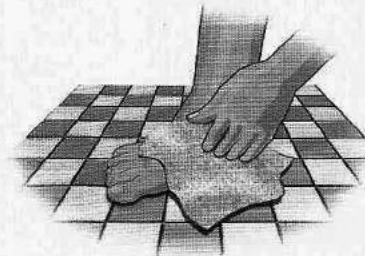
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People with diabetes have to take special care of their feet. You should have a comprehensive foot exam every year. This page shows some more things you can do to keep your feet healthy.

**Wash your feet** in warm water every day.



**Dry your feet well**, especially between the toes.



**Keep the skin soft** with a moisturizing lotion, but do not apply it between the toes.



**Inspect your feet every day** for cuts, sores, blisters, redness, calluses, or other problems. If you cannot see well, ask someone else to check your feet for you.



**Ask your diabetes care team** how you should care for your toenails.

