

## THE HIGH-RISK DIABETIC FOOT

As a person with Diabetes, your feet have a **HIGH RISK** of developing a serious problem, but any injury can become serious.

### EVERY SINGLE DAY YOU SHOULD:

Check your feet



Always wear socks and shoes



Put cream on your feet



Check water temperature



Check inside your shoes



Dry between your toes



Have your feet checked every 1-3 months



**Call your doctor or foot specialist if you see anything that does not look or feel right on your feet.**