

## THE LOW-RISK DIABETIC FOOT

As a person with Diabetes, your feet have a **LOW 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

- ✓ Dry between your toes

- ✓ Check inside your shoes



- ✓ Have your feet checked every 12 months



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