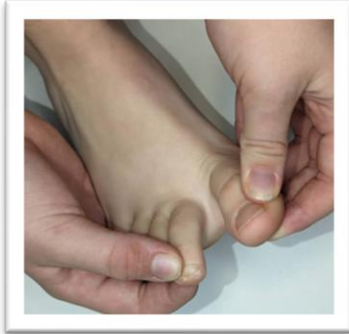


THE MEDIUM-RISK DIABETIC FOOT

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



- Have your feet checked every 3-6 months



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