One of the first ways in which diabetes may affect your feet is through the loss of sensation often starting at the toes. Talk to your Doctor if you notice numbness in your feet.

If your feet sweat excessively you should wear shoes that help your feet “breathe”. Change your socks and shoes frequently, especially in the warm months of the year.

Don’t walk barefoot, even in your own house. Sharp objects, children’s toys or small pebbles brought in by shoes and hidden in the carpet can lead to foot trauma which may not be noticed until it is too late. Walking with open sandals or in socks only, though better than going barefoot, does not give you adequate protection.

Did you know:
Loss of feeling in your feet is called neuropathy.
Check regularly for healthy feet

Remember, as soon as you notice a problem on your foot such as an ulcer or infection, visit your Doctor as soon as possible. If treated immediately and correctly, most foot problems can be controlled.

Remember if you are on holiday not to walk barefoot on hot sand.

Pack a pair of beach sandals to save your feet.

Take extra care in winter when rain, snow and cold weather will take their toll on shoes and feet.

It’s worth investing in a good pair of waterproof boots.

Make sure your feet are always dry and warm.

Don’t forget to ask your Diabetes Educator about our range of booklets.

Customer Service
1.866.979.9408

Living Well with diabetes

Feet are something we all tend to take for granted, just appendages at the end of our legs that help us balance! If you have diabetes however, feet assume a greater importance in your life because of your vulnerability to foot problems, which, if not checked, can lead to greater problems with your legs.