Foot care for people with DIABETES



People with diabetes have to take Special care of their feet. Here are some things you can do to keep your feet healthy:



Wash and dry your feet well every day

Keep the skin soft with lotion





Wear shoes that fit well and never walk barefoot



Inspect your feet every day

Have your feet examined at least 1x/year

Learn more about foot care at Cornerstones4Care.com

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