ULTRA FOOT CARE

DIABETES CARE / PATIENT RESOURCE 02

Diabetes and your feet

A small change deserves early attention.

1 Check, even when nothing hurts

- Diabetes can reduce feeling and blood flow in your feet. An injury may be painless and slower to heal.
- Inspect your feet daily, including the soles and between toes. Look for breaks in the skin, blisters, swelling and colour changes.

2 Prevent injury

- Wash with lukewarm water, then dry carefully. Avoid soaking, walking barefoot, heating pads and hot-water bottles.
- Wear well-fitting shoes and clean socks. Check inside shoes before wearing them. Do not cut corns or calluses or use medicated corn removers.

3 Make a foot-care plan

- Ask for a complete foot assessment at least yearly; higher-risk feet need more frequent checks. Ask how often you should be seen.
- Follow your agreed blood sugar plan. Ask for help with nail care if vision, movement, circulation or feeling is reduced. Report any new wound promptly.

Get urgent care now

A red, hot, swollen foot needs urgent assessment, even without pain. Seek urgent care for a cold or pale/blue foot, or a draining wound with swelling or odour. Contact your clinician immediately or go to an emergency department.

Questions or appointments: 587-882-8175 | Edmonton, Alberta

Ultraworldglobal@gmail.com

Health advice in Alberta: 811 (24/7). Medical emergency: 911.

Sources & further reading (click): Diabetes Canada: Foot care; MyHealth Alberta: Diabetes foot care; MyHealth Alberta: Urgent foot warning signs

General education; follow your individual care plan. Not a diagnosis or emergency service.

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