

FIT FEET PROGRAM

Caring for Your Feet for a Lifetime



Check your Feet Everyday.

Use a mirror to see the bottoms of your feet.
Use bright light so you can see better.
Look for blisters, cuts, sores, bruises, redness, and infection.
Report any changes to your doctor.

Wash your Feet Everyday

Wash your feet in warm water.
Do not use hot or cold water.
Do not soak your feet, this will dry out your skin.
Dry well between the toes.



Keep the Skin Soft and Smooth.

Put a small amount of lotion on the tops and bottoms of your feet.
Do not put lotion between your toes, because this might cause an infection.

Wear Socks

Always wear socks with your shoes to avoid blisters and sores.
Choose socks that are thick and not too big or small.
Do not use socks with inside seams. This can cause pressure on your foot.
Smooth out wrinkles in socks when you put them on.



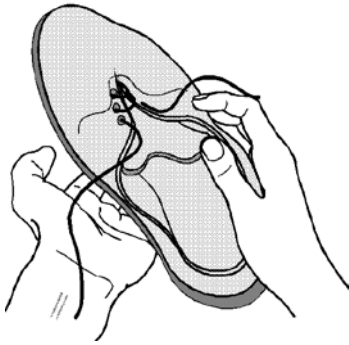
Protect your Feet from Hot and Cold

Wear shoes at the beach or on hot pavement.
Do not put hot water bottles or heating pads on your feet.
Wear socks at night if your feet get cold.
Check your feet often in cold weather to avoid frostbite.



Protect your feet when walking on hot surfaces.

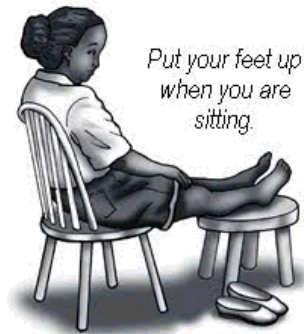
Wear the Right Shoes



Check shoes before putting them on for small stones or other foreign bodies.
Choose shoes made of leather or other breathable material like mesh. Avoid vinyl or plastic shoes.
Choose shoes with enough width and height in the toe space.
Wear shoes or slippers around the house and swim slippers at the beach or pool. **Never** go barefoot.
Avoid pointy-toed shoes or shoes with high heels.

Keep Blood Flowing to your Feet

Don't wear tight socks with elastic or rubber bands, or garters around your legs.
Don't smoke-this reduces blood flow to your feet.
Do not cross your legs when sitting.
Put your feet up when you are sitting.



Put your feet up when you are sitting.

Be gentle with your feet! Taking care of them will make them last a lifetime!

For more information, call The Wellness Program at (919) 245 - 4270.
To make a "Fit Feet" appointment call the Seymour Center, Chapel Hill (919) 968-2070, the
Passmore Center, Hillsborough, (919) 245-2015

Graphics: National Institutes of Health, National Diabetes Education Program. <http://dnep.nih.gov> and other
copyright-free sources.