

Diabetes and Your Feet



Get your feet checked by a health professional at least once a year.

Don't forget to take off your shoes and socks when you arrive!

Why?



1 in 4 people with diabetes develop foot ulcers (sores) that can lead to serious complications, such as amputation.



Diabetes can cause nerve damage in your feet and legs, so you may not feel a sore develop.

Check your feet every day for changes or injury

See your health professional if you notice a sore or injury. Foot ulcers can be caused by minor injuries. Many ulcers can be prevented with regular foot care and proper footwear.