



FOOT HEALTH AND TIPS

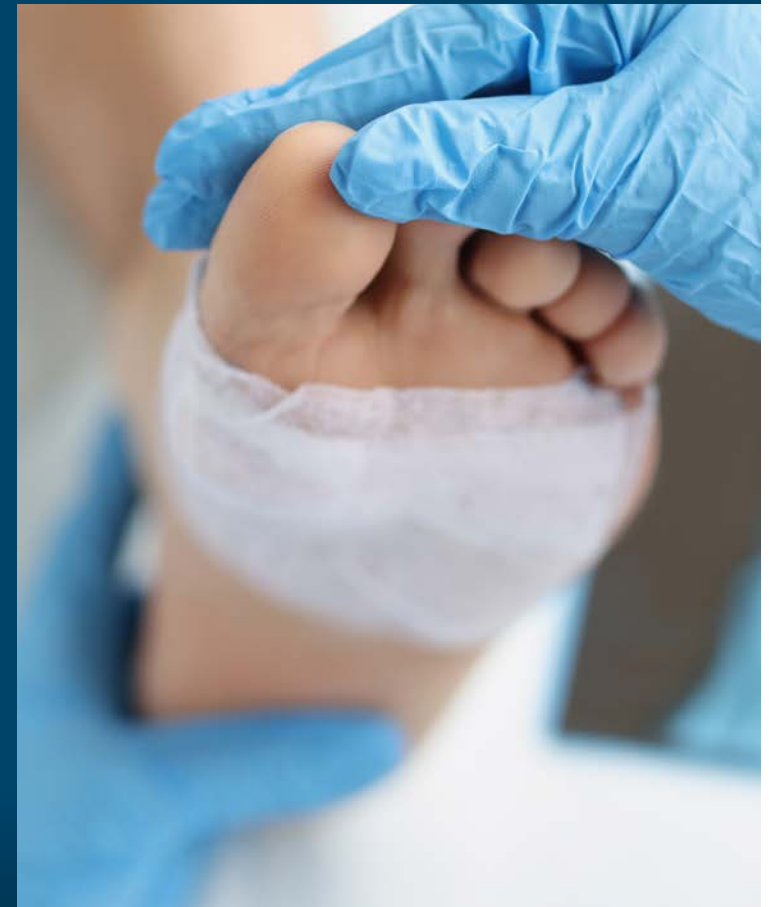
HOSIERY

- Socks or stockings should be made of 100% cotton or blends. Wool should only be worn in the winter and should not rub on your skin.
- Never wear socks with seams.
- Wear only clean socks and change them every day.
- Look at your socks or stockings before and after you wear them.
- Do not wear socks with holes in them.



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WHO IS AT RISK?

Anyone can develop a foot ulcer, but at greatest risk are those with:

- Diabetic Neuropathy (loss of feeling in the foot)
- Absent or diminished pulses
- Deformity of the foot
- A history of prior foot ulcers
- Previous amputation

THE IMPACT

Patients with non-healing wounds or ulcers may experience chronic pain, loss of function and mobility, increased social isolation, depression and anxiety, and are at risk for hospitalization, infection, and amputation.

CHECK YOUR FEET

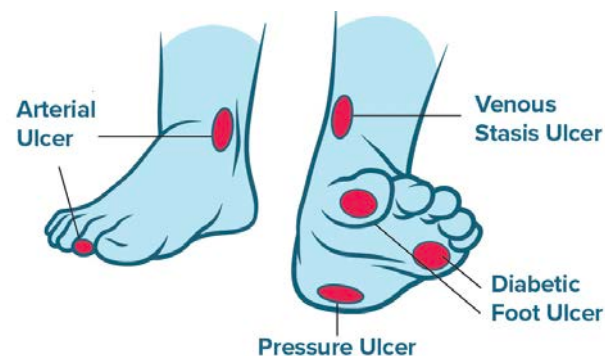
Take off your socks at your next medical appointment. Check your feet regularly for red spots, swelling, cuts, or blisters.

BASIC STEPS FOR PREVENTION

- Don't go barefoot indoors or outdoors.
- Look at your feet daily for open cuts or wounds and be sure to look between your toes.
- Wash your feet daily, drying between your toes, and do not use powder.
- If your feet become dry, moisturize them.
- Avoid getting your feet too hot or too cold.

Find specialized care for non-healing wounds at a Wound Care Center® near you.

TYPES OF FOOT WOUNDS



FOOTWEAR

- Buy shoes with the support that will protect your toes with a comfortable fit.
- Wear new shoes with socks or stockings.
- Do not wear your new shoes more than two hours at a time. New shoes can rub or cause pressure areas.
- The new walking or running shoes may be good for your feet. Shoes with soft leather uppers can mold to the shape of your feet.
- Check with your doctor to see if your shoes are a good fit and before wearing sandals.

