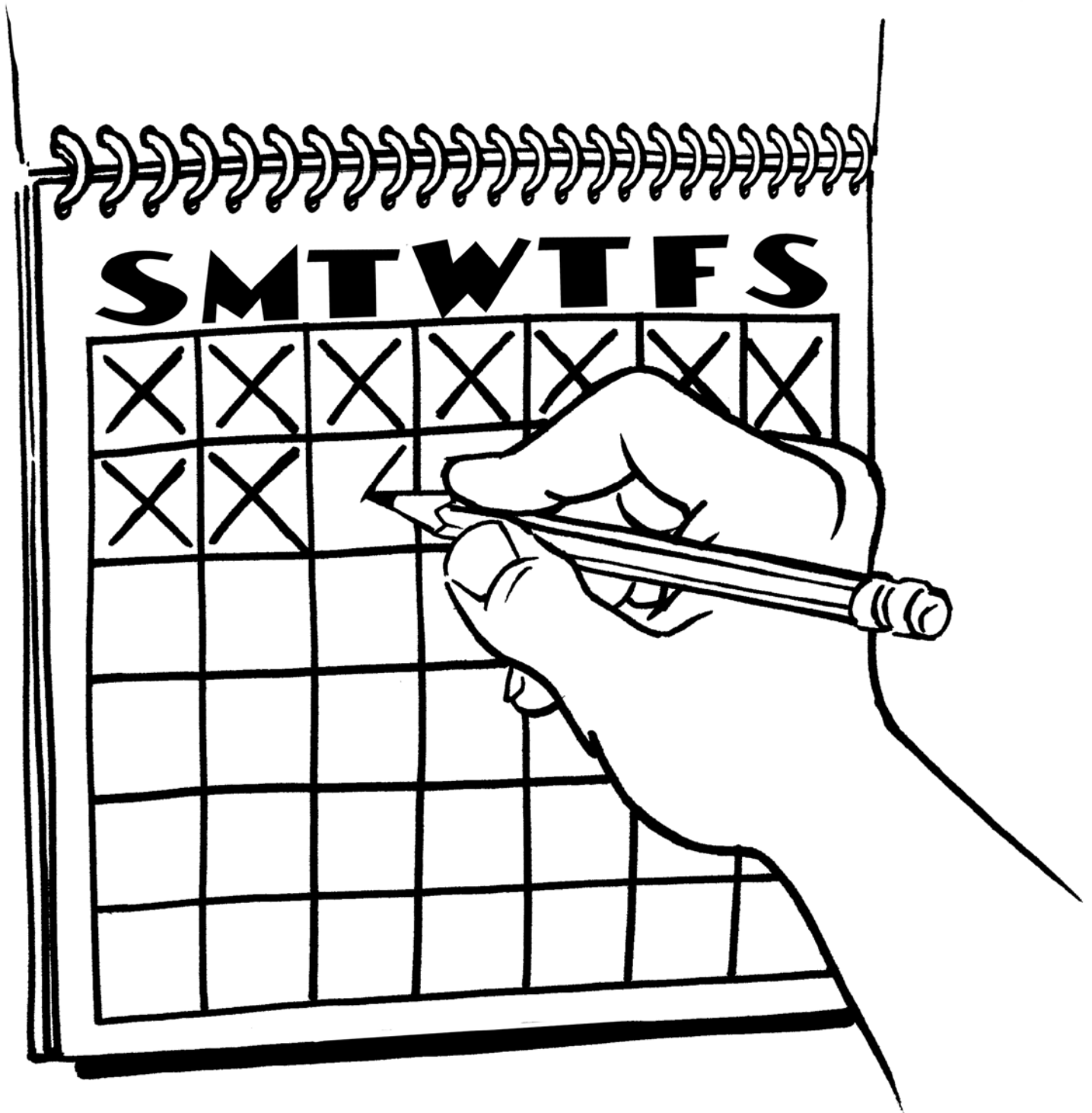


Happy Feet

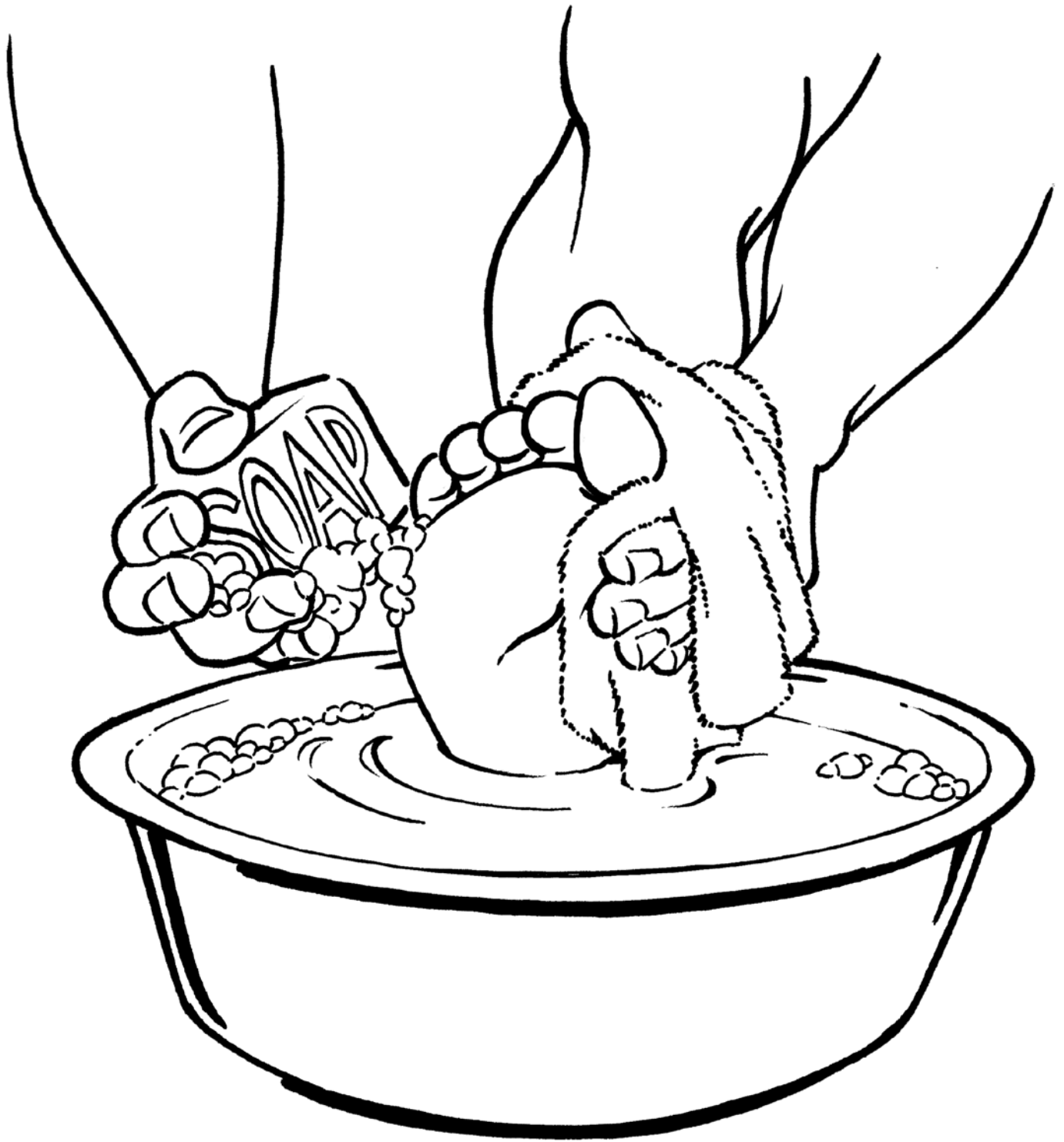
By Jenny M. Grimm and Anne Whittington



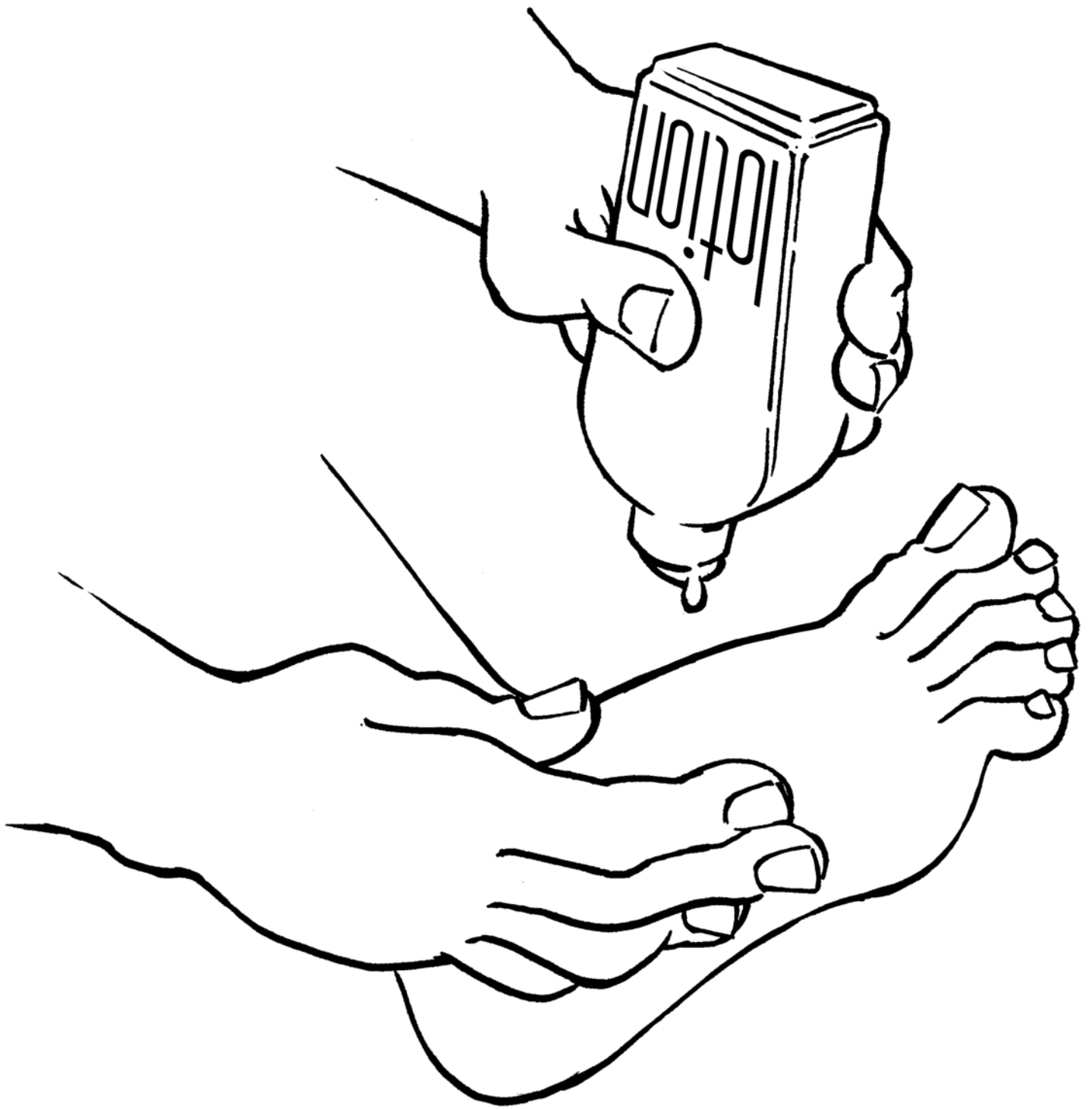
Care for your feet day by day..



Look at your feet.



Wash with soap and water.



Use lotion.
Do not put it between your toes.



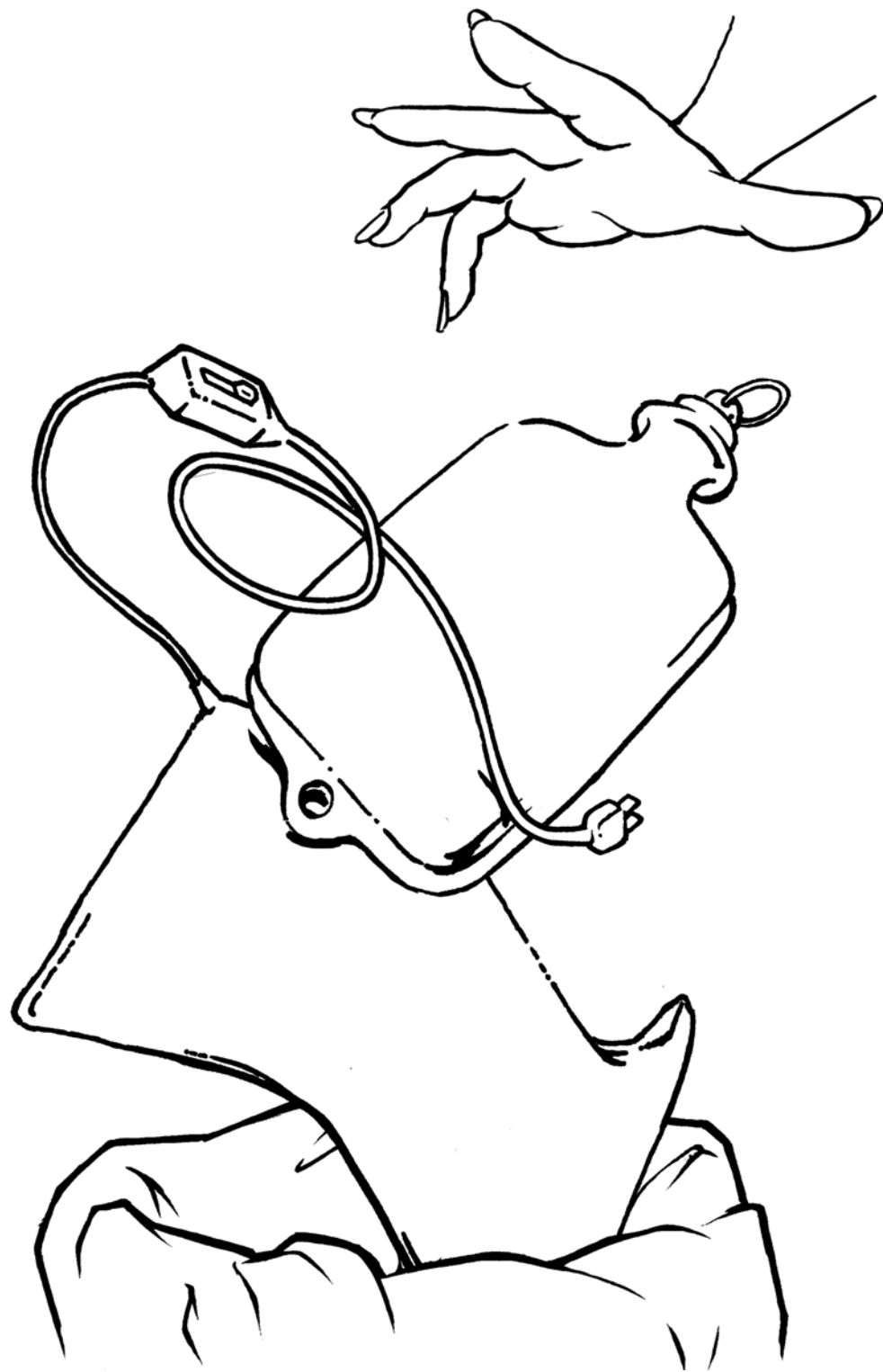
File nails straight across.



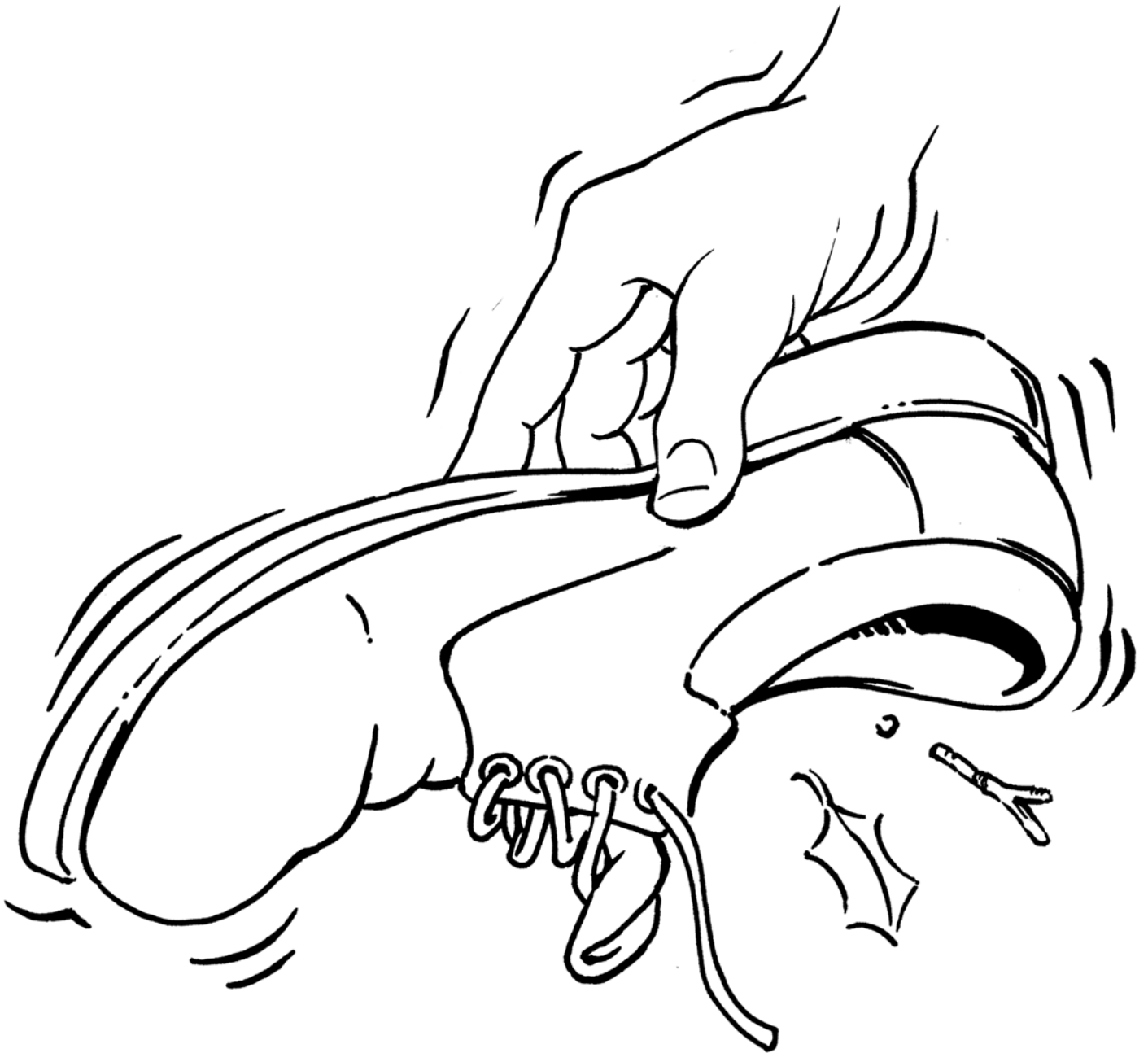
Throw away razor blades, knives
and corn removers.



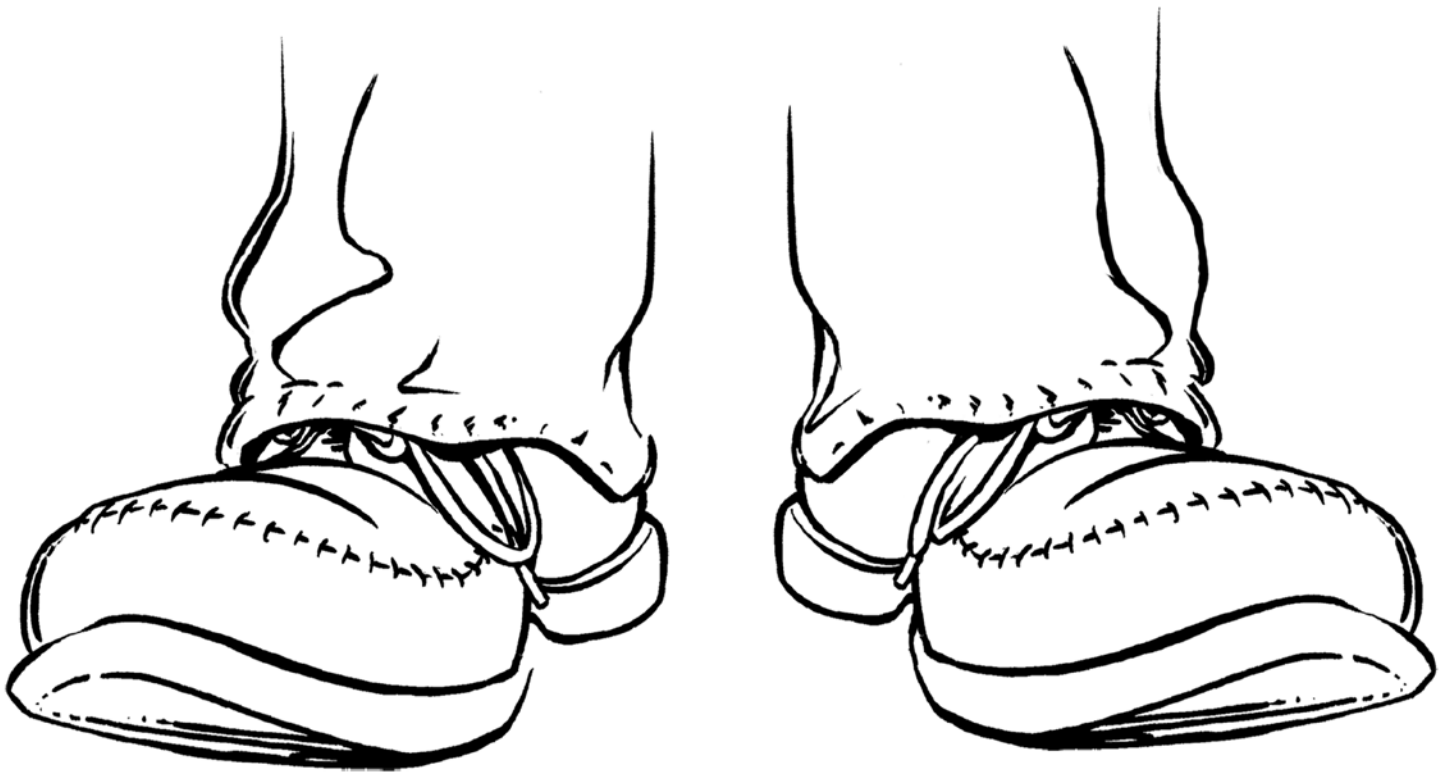
Wear socks to
keep your feet warm...



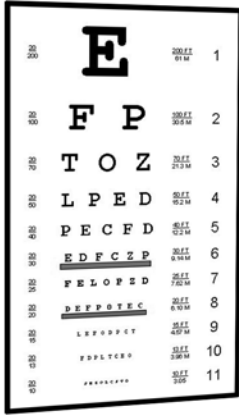
...Not hot water bottles or heating pads. Throw them away.



Clean out your shoes
before you put them on.



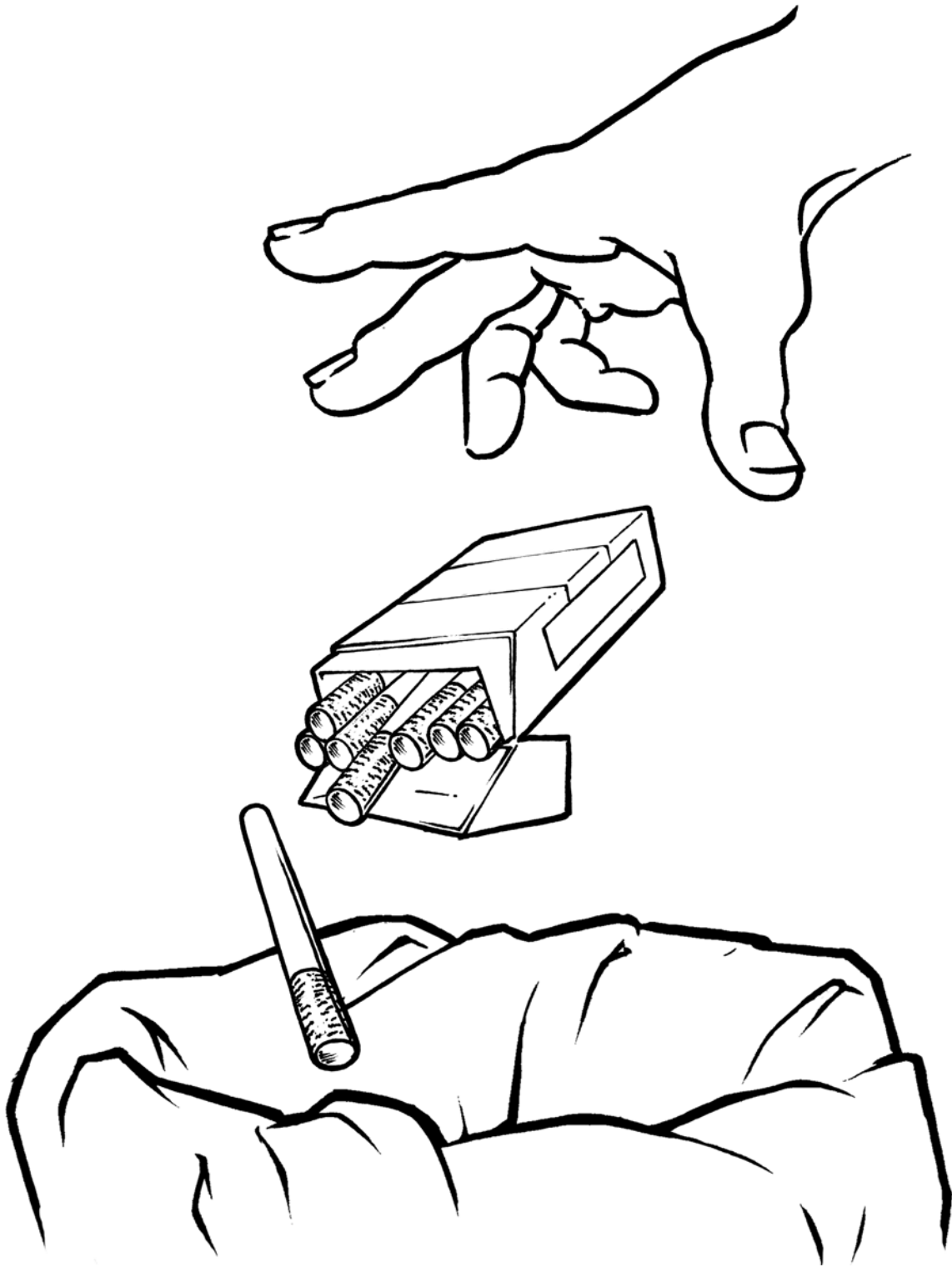
Wear shoes!
Wear shoes that fit.



Take your shoes and socks off at each doctor's visit.



See your doctor
for any foot problems.



Do not smoke!

1. If you have diabetes, you need to wear shoes always.

Yes

No

2. You need to look at your feet each day.

Yes

No

Written by:
Connie Crawley, MS, RD, LD
Anne Whittington, RN, MSN, CDE
Jenny M. Grimm, RN, MSN, CDE
Rita J. Louard, MD

Medical College of Georgia
University of Georgia Cooperative Extension
Georgia Department of Human Resources

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For more information, call: (706) 542-3773

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