



South Central's Health on Blast

Foot Care

Be kind to your feet. Years of wear and tear can be hard on them.

Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders.

Take a look at your feet often; use a mirror to look at the bottoms of your feet. Look for cuts, blisters, and ingrown toenails.

For better circulation put your feet up when you are sitting down, stretch, walk, or have foot massages.

Make sure your feet are dry before you put on your shoes. Wear shoes when you're outside.

Don't smoke.

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Both diabetes and peripheral artery disease, a common circulatory problem, can cause poor blood flow, which can cause scrapes or bruises to become infected more easily.

Joint stiffness could mean arthritis. Tingling or numbness could be a sign of diabetes. Swelling might indicate kidney disease, heart disease, or high blood pressure.

Good foot care and regular foot checks are an important part of your health care.

- Examine your feet regularly
- Wear comfortable shoes that fit
- Wash your feet daily with soap and lukewarm water
- Trim your toenails straight across and not too short