

Diabetes Foot, Eye and Teeth Care

Foot Care

Take care of your feet to save your toes, feet and legs from amputation. People with diabetes have increased risk for foot ulcers and infections that may lead to amputations.

Do a self-foot exam every day.

Look for cuts, blisters, sores, swelling, dry skin and cracks. These can get infected.

Look between your toes for sores and blisters.

Look at the top and bottom of your foot.

Ask for help, if needed, for a good foot exam.

Use a nail file instead of nail clippers to trim your toenails. You can cut yourself with nail clippers, and the cut can get infected.

If skin cracks or blisters or sores are not better in 24 hours, contact your health care provider.

Apply cream daily to moisturize your feet. Examples include Vanicream™, Cetaphil®, Gold Bond® and Lubriderm®.



Eye Care

Take care of your eyes. Changes can happen inside your eyes. You may not notice right away. People with diabetes have increased risk for vision loss and blindness.

- See the eye doctor every year, and have a dilated eye exam to take care of your eyes.

Teeth Care

Take care of your teeth. People with diabetes are at increased risk for gum disease, infections and tooth loss.

- See the dentist every 6 months.
- Brush your teeth for 3 minutes at least 2 times a day. Don't forget your gums!
- Floss at least once a day. If away from home, use a toothpick to clean between your teeth.
- When you're done brushing and flossing, rinse your mouth with water.
- Replace your toothbrush every 3-4 months.

Symptoms to watch for include:

- Red, swollen gums
- Bleeding gums with brushing
- Bad breath
- "Migrating" teeth or space between teeth that is changing.

If you notice these symptoms, talk with your dentist.

Your risk of complications increases with a higher A1C.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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