

Look at your bare feet every day.

This poster is for people with diabetes who have lost some or all of the feeling in their feet. Loss of protective feeling in the feet is called *neuropathy*, and it's the most common diabetic complication. If you have neuropathy, there may be no pain to warn you of a foot problem. A painless wound, called a foot ulcer, can develop. Without prompt treatment, the wound may become infected. It may become infected or even lead to amputation. Fortunately, foot ulcers and amputations can be prevented, but it's important to look at your bare feet every day. If they seem to have a problem, you should check them early, before they get worse, and report the problem to your doctor. Don't wait. Remember, there is just no substitute for daily checks to help you prevent a foot ulcer.

SAFE



HOW TO USE THIS POSTER. Hang this poster on the wall near where you usually do your daily foot check. The chart shows examples of what to look for on your feet. The green zone shows signs of healthy feet. The yellow zone shows conditions to watch carefully each day. The red zone shows foot problems that are very serious on feet with feeling loss. Red zone problems require immediate medical attention. If you check your feet and see something that looks like a problem shown in the red zone, or if you're not sure, you should contact your health care professional right away. Don't wait to see if the problem gets better on its own.

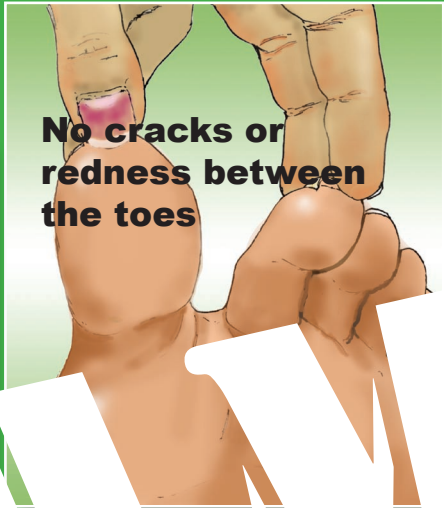
LOOK FOR THESE GOOD SIGNS ...



Archie™



Toe nails cut straight across.

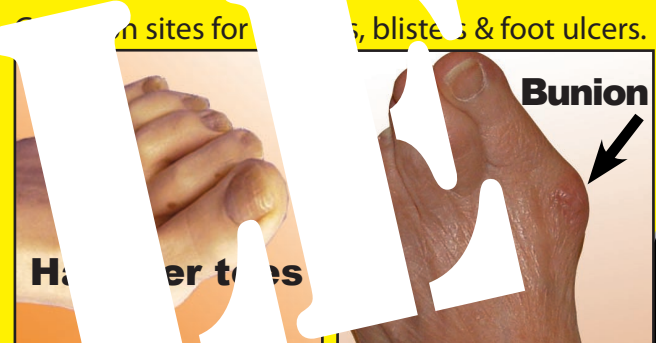


No cracks or redness between the toes



Remove callus.

Watch these signs closely.



High risk sites for blisters, blisters & foot ulcers.

Bunion

Hammer toes



Small cuts, scratches

Check & clean daily. Watch for infection.



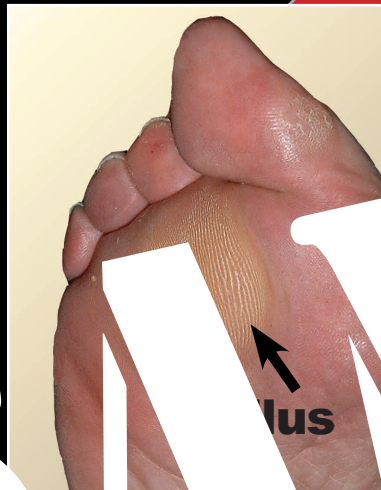
Dry skin

Apply lotion

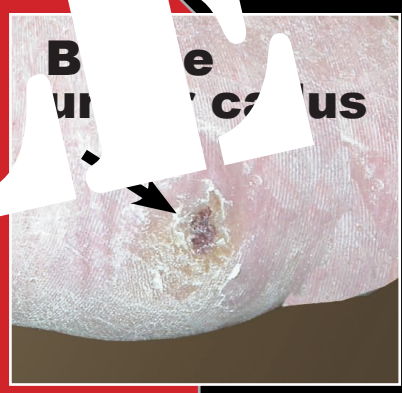
THESE ARE DANGER SIGNS

Walking on calluses is a leading cause of foot ulcers.

Calluses and corns must be removed by a professional.



Callus



Bleeding corn

May 25, 2005
Jan 30, 2006

Name _____

Phone _____



Break in skin



Wound



Infection

SIGNS OF INFECTION

- Redness
- Swelling
- Warmth
- Drainage

Preventing Diabetic Foot Ulcers Poster
Price each: \$3.50
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