

April is Foot Health Awareness Month

Stop by the Fayette County Health Department during the month of April to receive a **Free sample packet** in recognition of Foot Health Awareness month. Foot care is very important for each person with diabetes, but especially if you have:

- Loss of feeling in your feet.
- Changes in the shape of your feet.
- Foot ulcers or sores that do not heal.

Debbie Lay RN., Diabetes Prevention and Control program at the health department shares important Foot Care Tips.

1. Take care of your diabetes. Keep your blood sugar within a good range.
2. Check your feet every day. Use a mirror or ask a family member for help.
3. Wash your feet every day. Use warm water, not hot, and dry your feet well.
4. Keep the skin soft and smooth. Rub a thin coat of skin lotion on the tops and bottoms of feet, but not between the toes.
5. Smooth corns and calluses gently. Don't use over the counter products or sharp objects on corns or calluses. Use a pumice stone if low risk for problems and approved by doctor.
6. Trim your toenails each week or when needed if you can see or reach your toes.
7. Wear shoes and socks at all times. Protect your feet and check the inside of your shoes before putting them on.
8. Protect your feet from hot and cold. Wear socks at night if your feet get cold. Don't use your feet to check bath water and don't use hot water bottles or heating pads.
9. Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles for 5 minutes, 2 or 3 times a day. Don't cross your legs for long periods of time and don't smoke.
10. Be more active. Plan your physical activity program with your doctor.
11. Have your doctor check your bare feet. Remember that you may not feel the pain of an injury. Call your doctor if you have a cut, sore, blister or bruise on your foot that does not begin to heal after one day.
12. Get started now. Begin taking good care of your feet today. Set a time each day to check your feet.

Begin now To Take Care of your Feet for a Lifetime. For more information contact the health department at 618-283-1044 or visit the web site at www.fayettehealthdept.org

YOU CAN PREVENT DIABETES

Preventing diabetes is about big rewards: living a longer and healthier life- and avoiding heart attacks, strokes, blindness, kidney failure, nerve damage, and amputation. If you are over 45 and overweight, you may be at high risk for diabetes. Debbie Lay RN, Fayette County Health Department, Diabetes Prevention and Control program **urges** you to take the first step **today**.

It's about small steps: losing 10 to 15 pounds if you weigh 200 pounds, walking briskly for 30 minutes most days, and making healthy food choices. For more information call the health department at 618-283-1044 or visit the web site at www.fayettehealthdept.org.