

THE MODERATE RISK FOOT

Your foot exam shows that you are at MODERATE risk for developing a foot ulcer or problem. **YOU SHOULD MAKE AN APPOINTMENT WITH YOUR HEALTH CARE PROVIDER TO HAVE YOUR FEET CHECKED WITHIN ONE MONTH.**

It is important to follow the suggestions below to lower your risk of developing future problems including the risk of amputation.

1. DO NOT SMOKE. Smoking reduces your circulation and can make it hard for your foot to heal. If you do smoke, it is very important to work at stopping. You can call the Smoker's Hot Line 1-877-513-5333. Your health care provider may also have other resources for you.
2. Check your feet daily. Look at the top, bottom, between your toes. Use a mirror or have someone help you if you can't see your feet well.
3. Wash your feet daily and dry well, especially between your toes.
4. If you have trouble cutting your nails, you should have someone who is properly trained, to cut your nails for you. (Telephone number _____).
5. If you have dry or calloused skin, apply moisturizer _____ on the top and bottom of your feet but do not use moisturizer between your toes.
6. Make sure your shoes fit you well. If you have lost feeling in your feet, have your shoes professionally fitted as you will not be able to feel if your shoes do not fit properly. This can lead to pressure areas that can then lead to sores and ulcers.
7. Have your feet rechecked by your health care team every three to six months.

Warning Signs

1. If you have pain in your calves on walking, advise your health-care team to check the circulation in your feet and discuss if you need further testing.
2. If you have burning pain in your feet, have your health care team check your circulation and sensation and discuss treatment options for your pain.
3. If your feet lose their shape and you are finding it harder to fit shoes, discuss with your health care team if you need a referral for professionally fitted footwear or other treatment options.

See a health care provider IMMEDIATELY if you develop any of the following

1. Cold, painful, discolored (pale, blue or red) feet.
2. Red, hot, swollen feet with or without pain.
3. New or increasing pain in your lower legs or feet.
4. An open sore or swollen area that is red and draining, EVEN IF IT DOES NOT HURT.

Personal Care Plan

To help healing and prevent further complications, it is important that you have good control of your blood sugar, blood pressure, and cholesterol. Your personal targets should be discussed with your health care provider.

Blood sugar/A1C target: _____

Blood pressure target: _____ Cholesterol target: _____

Other recommendations: _____

Next appointment date: _____

Hints from the Canadian Diabetes Association's handout

"Foot care: a step toward good health"

| DO | DON'T |
|--|---|
| Wear well-fitting shoes. They should be supportive, have a heel height less than 2 inches or 5cms and do not rub or pinch your feet. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes. | Don't use over the counter medications to treat warts or corns. They are dangerous for people with diabetes. |
| Buy shoes late in the afternoon since your feet swell slightly by then. | Don't wear anything tight around your legs such as tight socks or knee-highs. |
| Wear socks at night if your feet get cold. | Don't ever go barefoot even indoors. Consider buying a pair of well-fitting shoes that are just for indoors. Soft house slippers may not provide enough protection. |
| Elevate your feet when you are sitting. | Don't put hot water bottles or heating pads on your feet |
| Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs. | Don't sit or cross your legs for long periods of time. |
| Exercise regularly to improve circulation. | Don't smoke. Smoking, even secondhand smoke decreases circulation and healing and significantly increases the risk of amputation. |
| Inspect your feet daily and in particular, feel for skin temperature differences between your feet | Don't wear over-the-counter insoles unless recommended by your foot specialist. They can cause blisters if they are not right for your feet. |



Patient handout: Foot care – a step towards good health -
<http://guidelines.diabetes.ca/CDACPG/media/documents/patient-resources/foot-care.pdf>