



## TIPS FOR FOOT CARE & DIABETICS

1 Check your feet twice a day, ideally in the morning and at night before you go to bed. Look for anything out of the ordinary, such as areas of redness, blisters, moles, cuts and ingrown nails. Do not try to remove ingrown nails, consult your Podiatrist.

2 Washing your feet every day with mild soap in tepid—NOT HOT—water is your first line of defense against problems with your feet. After washing, dry your feet thoroughly especially between your toes. Never apply any lotion between your toes unless your doctor has approved it.

3 Elevated blood glucose (blood sugar) puts people with diabetes at risk for neuropathy, or nerve damage, which can cause loss of sensation and tingling pain on the feet leading to other serious complications. Good control will help you prevent these issues.

4 If you are very physically active or if you have other foot problems, it is important to find a doctor to examine your feet and your footwear on a regular basis to avoid any complications that may arise.

And remember...Prior to visiting your Podiatrist make sure you have washed your feet and DO NOT put talcum powder, cream or perfumes. Make sure you remove all nail polish.

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- SKIN DISORDERS
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- ORTHOTICS

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