

# Diabetic Foot Ulcers



promoting  
**healthy skin**

*Champions for Skin Integrity*



Have a **podiatrist** care for and check your feet at least once a year

**Inspect**, wash and dry feet daily, especially between toes

**Monitor** blood sugar levels regularly

**Check** shoes and socks for sharp or rough edges or seams before putting them on

Check the **temperature** of the water before putting your feet in



Do not walk indoors or outdoors without well-fitting **shoes**

Do not **smoke**

TIP SHEET





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**References:**

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