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People with Diabetes need to pay special attention to their feet and watch carefully for any signs of complications. Below is a checklist of Do's and Don'ts for you and/or your family members who have Diabetes.

DO

- Inspect your feet daily for cuts, blisters, scratches, redness or swelling.
- Wash feet daily; always dry carefully between your toes.
- Powder feet lightly after bathing.
- Keep feet warm and dry.
- Use a good skin lotion or cream to protect your feet from cracking and/ or drying. Do not place any creams, other than an antifungal, between the toes.
- Do keep your sugar levels where your Medical Doctor advises.
- Wear loose-fitting socks to bed if feet are cold; never use heating pads or water bottles.
- Wear comfortable, well-fitting shoes. If you have Medicare, you may be eligible for extra-depth shoes.

DON'T

- Don't walk barefoot. Not in the summer. Not in the house. Not ever.
- Don't smoke. Smoking reduces blood circulation. This can lead to the loss of your toes, your foot, your leg, your life.
- Don't cut corns or calluses yourself.
- Don't cut your nails if thick or unable to reach them.
- Don't use chemical agents (medicated pads) for the removal of corns and calluses
- Don't wear open-toed shoes, particularly sandals with thongs between the toes.

If someone in your family has Diabetes, share this checklist with them and remind them to visit their Podiatrist. Education and awareness are helpful allies in the prevention of Diabetes and its complications