

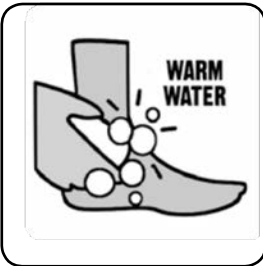
# Take Care of Your Feet



Here are some things you can do to take good care of your feet.



Take your shoes and socks off at each doctor visit. Ask the doctor to check your feet.



Wash your feet with warm water every day. Dry them well, especially between the toes.



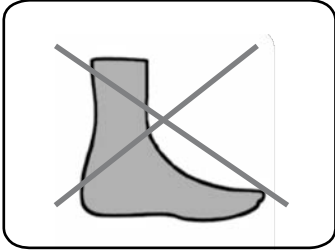
Use a moisturizing lotion but not between the toes.



Check your feet daily for cuts, bruises, blisters, redness and swelling.

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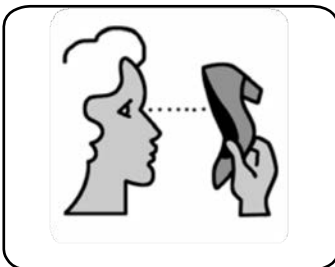
(continued)



Never walk barefoot.



Wear shoes that fit well.



Check inside your shoes before putting them on. There may be something that can cut you.



Cut your nails straight across as shown.