



TOTAL WELLNESS

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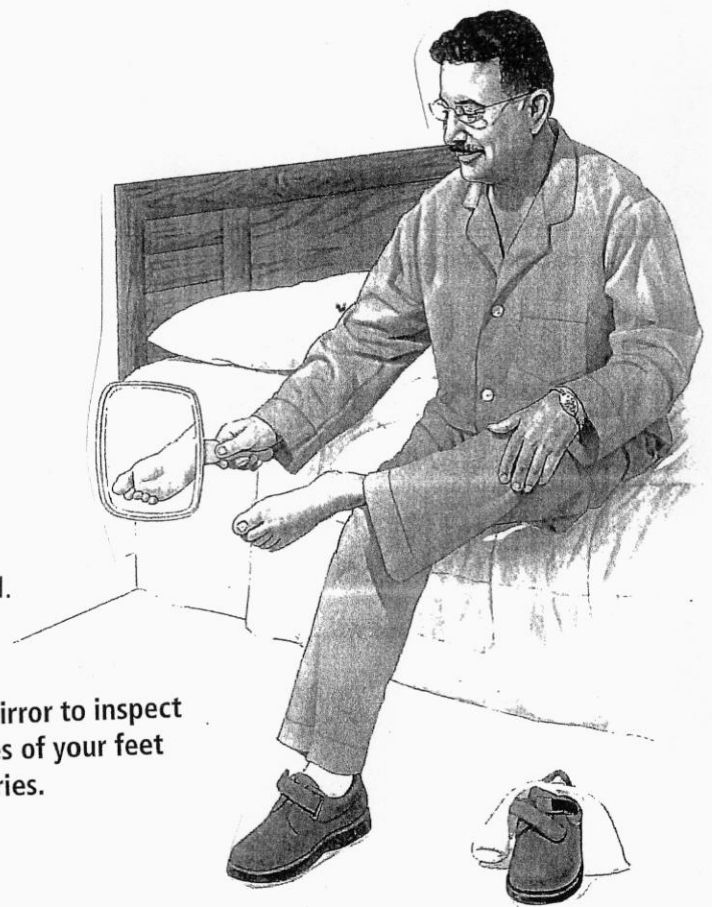
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## ***Reducing Your Risk of Complications***

You've learned that healthy eating and daily activity help protect organs, such as your heart. To further reduce your risk of complications, monitor your feet, eyes, and gums. These are all places where high blood sugar can cause problems. Talk to your healthcare provider to learn more.

### ***Foot Care***

Over time, high blood sugar affects nerves and blood vessels that supply the legs and feet. This means you may not be able to feel if you have a cut or infection. Wounds on your feet may be slow to heal, and may infect easily. Because of this, you need to pay close attention to your feet. Check them daily. Ask a family member for help if you have trouble seeing your feet, especially the bottoms. Remove your shoes and socks every time you see the doctor so your feet can be examined.



Use a mirror to inspect the soles of your feet for injuries.

### ***Preventing Foot Problems***

- Here's what you can do to help prevent serious health problems with your feet:
- Inspect your feet every day for cuts, cracks, sores, redness, or swelling. Watch for cuts and scrapes that are slow to heal, itch, feel warm, ooze fluid, or smell bad. If you notice any of these problems, contact your healthcare provider right away. Your doctor may refer you to a podiatrist (a specialist in foot health).
- Wash your feet in warm (not hot) water and dry thoroughly, especially between toes. Don't soak your feet.
- Talk to your doctor if you need help cutting and filing your toenails safely.
- Look for color changes in your feet (redness with streaks can signal a severe infection).