

The Daily Diabetic *Foot Self-Check*

Living with diabetes means your feet need one minute of your attention every day. Small problems found early stay small: most serious diabetic foot wounds begin as something you could have spotted in the mirror a week earlier. Here is the routine Dr. Johnson teaches his patients.

1 Look at every surface

- Tops, soles, heels, and between every toe
- Use a hand mirror or a phone camera for the bottoms
- Good light matters: do it in the bathroom, not in bed
- Ask a family member to help if bending is hard

2 Check for changes

- Cuts, blisters, cracks, or peeling skin
- Redness, swelling, or warmth in one spot
- Calluses or corns that are growing or darkening
- Toenail changes: thickening, color, ingrown edges

3 Feel and compare

- Run your hands over both feet: compare left to right
- Note numbness, tingling, or burning
- One warm foot or one cold foot is a message: write it down

4 Protect before you walk

- Shake out shoes before putting them on
- Never walk barefoot, even indoors
- Dry between toes after washing; moisturize tops and soles, not between toes
- Wear clean, dry socks without tight elastic

Call your podiatrist *today* if you see:

- ! Any open sore, blister, or wound, no matter how small
- ! A foot that is suddenly warmer or colder than the other
- ! Redness or swelling that was not there yesterday
- ! Pain in a foot that is usually numb
- ! Drainage or blood on your sock
- ! Black, blue, or pale skin anywhere on the foot

Same time, every day

Anchor it to brushing your teeth so it becomes automatic.

Keep a notes photo album

A weekly phone photo makes changes obvious.

See your podiatrist regularly

Ask how often is right for your risk level.