

# Diabetes and your Feet

If you have diabetes, your feet could be at risk, even if you are otherwise healthy. Foot ulcers that won't heal may signal vascular disease, which can lead to disability and/or amputation. Patients with diabetes and foot ulcers often are cared for by vascular surgeons.



Be sure to see a foot specialist at least once a year, or more often if you are at high risk for foot problems.

**FACT:** If your feet are numb or tingly, or becoming deformed, or if you have a blockage in the arteries, you are at high risk for foot ulcers.



Learn how to examine and care for your feet. Your foot specialist can teach you how.

**FACT:** You should check your feet carefully every day. Wear clean, white socks; wash feet daily, dry gently, use lotion.



Wear the right shoes. They should have broad square toes, at least 3 lacing eyes per side, no open toes, and be well cushioned.

**FACT:** 50% of women and 27% of men with diabetes wear shoes that are dangerous for their feet.



If you have any kind of foot sore that won't heal, you should be evaluated for vascular disease by a vascular surgeon. You may be able to avoid surgery altogether.

**FACT:** If you have a foot ulcer, doctors will prescribe a cast or special boot to keep you from walking on the sore.

Vascular surgeons can help you avoid surgery and keep your limbs healthy. Find a vascular surgeon here: [Vascular.org/Find-Specialist](https://www.vascular.org/Find-Specialist)

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