



## Top Ten Tips for Diabetic Feet Checklist

Dr. Rion Berg

1. See your primary care physician/diabetic specialist regularly. Control your blood sugars by taking your diabetic medication as prescribed, and eating properly
2. Check your blood sugars daily in the morning before eating, and record them.
3. Inspect your feet daily. Use a mirror to see the bottom of your feet. If there are any areas that are red or cracked, open sores, drainage in your socks, or pain, contact your podiatrist immediately.
4. If our doctors identify “hot spots” on the pressure stat or temp stat system, they’ll recommend that you stay off your feet as much as possible to cool them down. If you notice a breakdown of your skin or an opening of the skin that won’t heal, call our office immediately as these are signs of a serious wound, ulcer, or infection.
5. Check the inside of your shoes daily to be sure no small object has fallen into them.
6. Skin Care: Diabetes also causes the skin to dry excessively. It’s essential that you begin a regular program of moisturizing your feet. Our doctors will recommend creams specifically designed to help the diabetic foot.
7. Socks: It has been shown, that cotton socks can cause too much friction, retain moisture, do not insulate your feet, and constrict your legs. **Diabetic socks can save limbs.** Ask our staff for recommendations.
8. Your shoes and inserts will be inspected by Dr. Berg. Diabetes causes clawing of the toes and increased pressure on the tips of the toes and ball of the feet. Diabetic therapeutic shoes with deeper toe boxes along with special inserts can go a long way to preventing ulcers of your feet. You may qualify for coverage of these under your Medicare policy.
9. Balance: Diabetic patients are more likely to have poor balance due to loss of sensation in the feet. A lightweight device has been designed that can greatly help improve balance and prevent devastating falls. Let your doctor know if you are experiencing balance problems or falls.
10. Keep your regular appointments for foot care and your CDFEs (Comprehensive Diabetic Foot Evaluations). These appointments give us the opportunity to ensure that no new problems are developing, and should they occur, to treat and resolve them as quickly as possible.



To make an appointment call us at 206-368-7000 or [request an appointment online](#).