

Diabetes and Your Feet

Did you know?

- It is important to check your feet *every day* for any changes or signs of injury. No change is too small to seek medical attention. Left untreated, small injuries or changes can become very serious and lead to complications and possibly amputation.
- Everyone with diabetes should have their feet examined by a health professional at least once a year.
- Up to 25% of all people with diabetes will develop a foot ulcer at some point in their life. Many foot ulcers can be prevented with regular foot examinations
- A normal A1C does not guarantee that a foot problem won't develop.
- For information about diabetes and how to take care of your feet visit MyHealth.Alberta.ca website - search diabetes
 - Diabetes: Checking Your Feet
 - Diabetes; Protecting Your Feet

Diabetes and Your Feet

Did you know?

- It is important to check your feet *every day* for any changes or signs of injury. No change is too small to seek medical attention. Left untreated, small injuries or changes can become very serious and lead to complications and possibly amputation.
- Everyone with diabetes should have their feet examined by a health professional at least once a year.
- Up to 25% of all people with diabetes will develop a foot ulcer at some point in their life. Many foot ulcers can be prevented with regular foot examinations
- A normal A1C does not guarantee that a foot problem won't develop.
- For information about diabetes and how to take care of your feet visit MyHealth.Alberta.ca website: search diabetes
 - Diabetes: Checking Your Feet
 - Diabetes; Protecting Your Feet

