

SAVE FEET, SAVE LIVES

If you have diabetes, a foot ulceration can be serious, so find out about prevention and getting your feet checked.



Step 1: Regulate your blood sugar levels

Keep your blood sugar within target throughout the day is the first step to prevent foot ulceration.



Step 2: Daily foot care

Wash your feet in lukewarm water, dry them properly and moisturise if needed.



Step 3: Daily foot check

Check your feet everyday for cuts and wounds. Do not forget the soles of your feet or between your toes. You can ask your nurse or doctor to check them for you during your regular check-ups.

! *Make sure you get your annual foot check with your healthcare professional to evaluate your level of risk.*



Step 4: Appropriate footwear

- ✗ Avoid walking around barefoot, in socks, or in thin-soled standard slippers.
- ✗ Do not wear tights or socks.
- ✓ Wear properly fitting footwear: nor too tight or too loose. The inside of the shoe should be 1.5-2cm longer than the longest toe. The internal toe box width should be slightly wider than the width of the widest part of the foot, and the depth of the toebox should be adequate to allow enough room for all the toes.
- ✗ Avoid shoes that are too small or pointed at the ends.



Shoe that has adequate breathing space.



Shoe that puts pressure on feet.

Go to your doctor straight away, if you notice anything unusual or worrying during your footcheck, such as:

- ✗ An ulcer
- ✗ A cut
- ✗ Swelling or redness
- ✗ A scratch
- ✗ A blister
- ✗ Or feel pain

**NEED A
DOCTOR?**

Find out more

savefeet.savelives.sg

contains further detailed information, guides and videos.



**CLOSING WOUNDS,
SAVING FEET,
SAVING LIVES.**

A program by Urgo Medical