

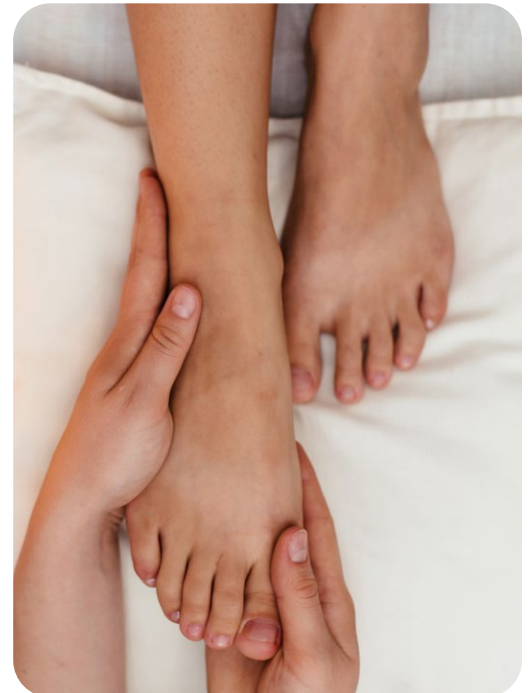


Foot Care for People with Diabetes

Nerve damage and poor circulation—common complications of diabetes—can increase the risk of foot problems. Foot care is an essential aspect of diabetes management.

Key Tips

- **Daily Foot Inspection:** Check your feet daily for cuts, blisters, or signs of infection.
- **Proper Foot Hygiene:** Wash your feet daily with warm water and mild soap and dry them thoroughly, especially between the toes.
- **Moisturize:** Apply lotion to the top and bottom of your feet, avoiding between the toes.
- **Trim Toenails Carefully:** Cut your toenails straight across to prevent ingrown toenails.
- **Wear Properly Fitting Shoes:** Choose comfortable, well-fitting shoes that provide adequate support.
- **Avoid Extreme Temperatures:** Protect your feet from extreme heat and cold.
- **Regular Foot Exams:** Schedule regular foot exams with a healthcare professional.



Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and support. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

We're committed to your health. Contact us today for more information.



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