Good quality shoes that fit well are a crucial part of sound diabetes foot care.

Lance follows these steps to prevent foot issues:

1. **Importance of Shoes and Socks**
   - Buy quality shoes that fit well.
   - Shop for shoes at the end of the day when your feet are more swollen and larger.

2. **Proper Cleaning and Moisturizing**
   - Use a mild soap. Harsher soaps can dry out your skin.
   - Rinse thoroughly and dry gently. Pat, don't rub, with a soft towel and remove as much moisture as you can.

3. **Neuropathies**
   - Neuropathies can occur in any part of the body, and they are caused by several factors, including high blood glucose, long duration of diabetes, abnormal blood fat levels, and low levels of insulin.

   **Symptoms May Include:**
   - Tingling feet
   - Feeling “pins and needles” in your feet
   - Feet especially sensitive to touch
   - Can’t feel feet when walking
   - Hands and feet get very cold or very hot
   - Portions of body feeling numb
   - Inability to feel pain when you clearly should
   - Unsteadiness when walking or standing
   - Sores on legs and feet that heal very slowly
   - Feels like muscles or bones have “changed”
   - Burning or shooting pains

4. **Quick Tip**
   - Keep the soles and bottom of your feet from rubbing, which can cause sores.

5. **Quick Tip**
   - Check places where water can hide, such as under arms and the breasts, between legs and toes, and be sure you have dried thoroughly.


People with diabetes are at an increased risk of developing skin problems.
Properly cleaning and moisturizing dry skin are simple ways to prevent dry skin.
Lance’s healthcare team gave him the following tips to keep his skin moisturized:

**How To Keep Skin Moisturized**

| Tip 1: | Use a mild soap. |
| Tip 2: | Rinse well. |
| Tip 3: | Moisturize all over with layer of lotion. |
| Tip 4: | Do not put lotion or cream between your toes because moisture might cause an infection. |

**Dry Skin**

Dry skin is an issue for those with diabetes, especially when blood glucose levels are running high.
Lanced visited his Healthcare team and learned ways to combat dryness:

1. Rub a thin layer of lotion, cream or petroleum jelly on the tops and bottoms of your feet after you wash and gently pat them dry. Avoid putting lotion between the toes.
2. Use a recommended sunscreen with an SPF of 30 or higher.
3. Keep skin moist all over your body by using a recommended lotion or cream.
4. Increase your water intake to 6 to 8 glasses a day to help maintain skin moisture.
5. Wear all-cotton socks.

**Selecting the Right Skin Care Products**

Skin care lotions are not all the same. There are a lot of products on the market today and some are specifically labeled for people with diabetes.

**What To Do**

Lance met with his healthcare team and they shared 10 ideas for inspecting and caring for his skin:

1. Look at your skin carefully at least once a week, especially feet and legs. Watch for unusual or persistent sores, bruises, pain, or any other symptoms.
2. Keep skin clean by using a mild soap and moisturizer daily.
3. Pat your skin dry with a soft towel, don’t rub.
4. Avoid hot showers or baths.
5. Avoid scratching sores or bumps.
6. During colder weather, use a room humidifier to add moisture to heated, dry indoor air.
7. Keep moisturizers by sinks at home.
8. Know the safety of the products you use on your skin.
9. Use lip balm to prevent chapped lips.
10. Drink plenty of fluids, especially water.

**Quick Tip**

Raised blood glucose levels can cause a lack of moisture in the skin, which can cause itching and cracking.

**Quick Tip**

Dry skin may itch and crack, leading to potential infections. To avoid issues, carefully and regularly examine your skin and your feet.

**Quick Tip**

Proper skin care is important for people with diabetes to live a healthy and active lifestyle. Always inspect your skin daily and report any concerns to your healthcare professional.

**Quick Tip**

Take a good look at your skin, then take good care of it.