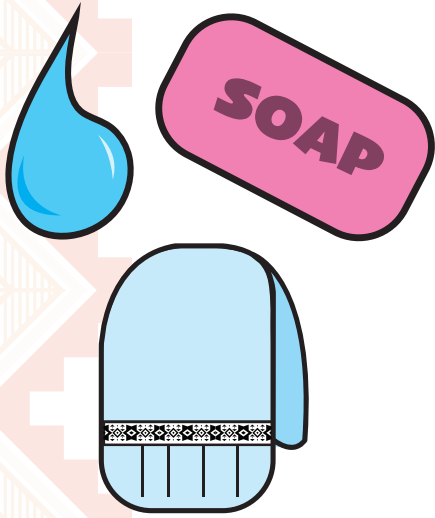


Diabetes?

Get a foot exam today!



Taking Care of Your Feet at Home...



Wash and dry your feet regularly.



Keep a list of any changes you notice in your feet.

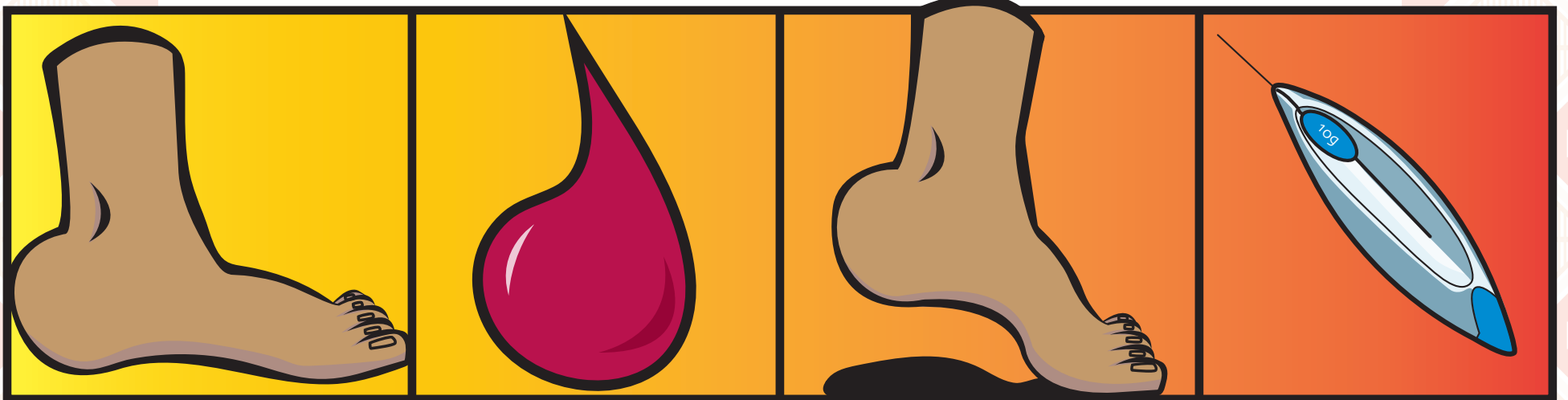


Have a mirror on the floor to check the bottom of your feet.



Before the exam, remove your shoes and socks!

During the exam, your provider will check...



The health of your skin

The blood flow to your feet

The structure of your feet and how they move

The nerves using a 10-g monofilament

People with diabetes need to get a foot exam once a year.