

Foot Care Checklist for Diabetics



- The color of your skin, esp. red, blue or black spots*
- Spots where hair is missing*
- Blisters*
- Breaks in the skin, esp. underneath or beneath the toes*
- Calluses and corns*
- Moisture between the toes*
- Areas of numbness or tingling*
- Ingrown toenail*
- Sores*

If you checked a box, find out how to solve the problem. Go to our website:

<http://www.tanglewoodfootspecialists.com>