## **FOOT CARE CHECKLIST**

## IF YOU HAVE BOTH DIABETES AND PAD, YOU MAY **EXPERIENCE THE FOLLOWING SYMPTOMS:**







Skin problems or discoloration on your legs and feet

**Unexplained leg pain or** cramping, especially during exercise or walking

Leg or foot wounds that are slow to heal

## CHECK YOUR FEET

These preventative measures can help you stay on top of your diabetes and spot the early signs of PAD when they first appear:

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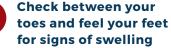


**Keep your toenails** cut and keep your feet away from heat sources



Wear shoes that are flexible with a wide toe box and avoid flip flops, sandals and high heels













**Inspect your feet daily** for any cuts, blisters or bruises

FOOT FINDINGS:



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