

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:



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



Check between your toes and feel your feet for signs of swelling



Contact your doctor if you find an injury on your feet, even if it's minor



Inspect your feet daily for any cuts, blisters or bruises

FOOT FINDINGS:



LAM VASCULAR
— & ASSOCIATES —

LamVascular.com | 214.345.4160

Fax: 214.345.4165

Dallas | Rockwall | Arlington