



Diabetes & Your Health

Signs of Foot Problems

If you have any of the symptoms listed below, you should see your doctor.

- Your feet tingle, burn, or hurt
- Your feet can not feel heat, cold, or touch
- Loss of hair on feet, toes, or lower legs
- Dry or cracked skin on your feet
- Toenails turn thick and yellow
- Blisters, sores, ulcers, infected corns, and ingrown toenails

For more information, contact:

SoonerCare Disease Management Services
(405) 123-4567
(800) 123-4567

or talk to your doctor.

Foot Problems & Diabetes

Nerve damage, blood flow problems, and infections can cause serious foot problems for people with diabetes. When you have nerve damage, you can lose feeling and pain in your feet. Nerve damage can also deform or change the shape of your feet, causing blisters, sores, or ulcers. Poor blood flow can make these injuries slow to heal.

How Can I Protect My Feet?

- Keep your blood sugar as close to normal as possible.
- Do not smoke or use tobacco.
- Ask your doctor to check your feet at every visit.
- Ask your doctor how to care for your feet.
- Check your feet each day for scratches, cracks, cuts, or blisters. Call your doctor if you have a sore on your foot.
- Wash your feet daily. Dry them carefully, especially between the toes.
- Rub lotion or cream on the tops and bottoms of your feet, but not between the toes. Ask your doctor what kind of lotion to use.
- Do not soak your feet—this can dry them out and lead to infections.



Vaccines & Diabetes

Vaccines can prevent illnesses that are very serious for people with diabetes. You should ask your doctor about:

Influenza Vaccine (also known as Flu Vaccine or Flu Shot)

The flu is a serious illness, especially for people with diabetes. It can lead to pneumonia, or even death. You can help avoid catching the flu by getting a flu shot every year in October or early November.

Pneumococcal Vaccine (also known as PPV)

Pneumococcal disease is a major cause of illness and death. It can cause serious infections in the lungs, the blood, and the covering of the brain. Getting a shot can help prevent these infections. Most people have to take the shot only once in their lives.

Tetanus / Diphtheria (Td) Toxoid

Tetanus and diphtheria are serious diseases that can be prevented with a combined shot called Td toxoid. Adults should get one every ten years.

Other Vaccines

Ask your doctor if you need any of these vaccines: Measles/Mumps/Rubella, Hepatitis A & B, Varicella (chicken pox), Polio

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

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