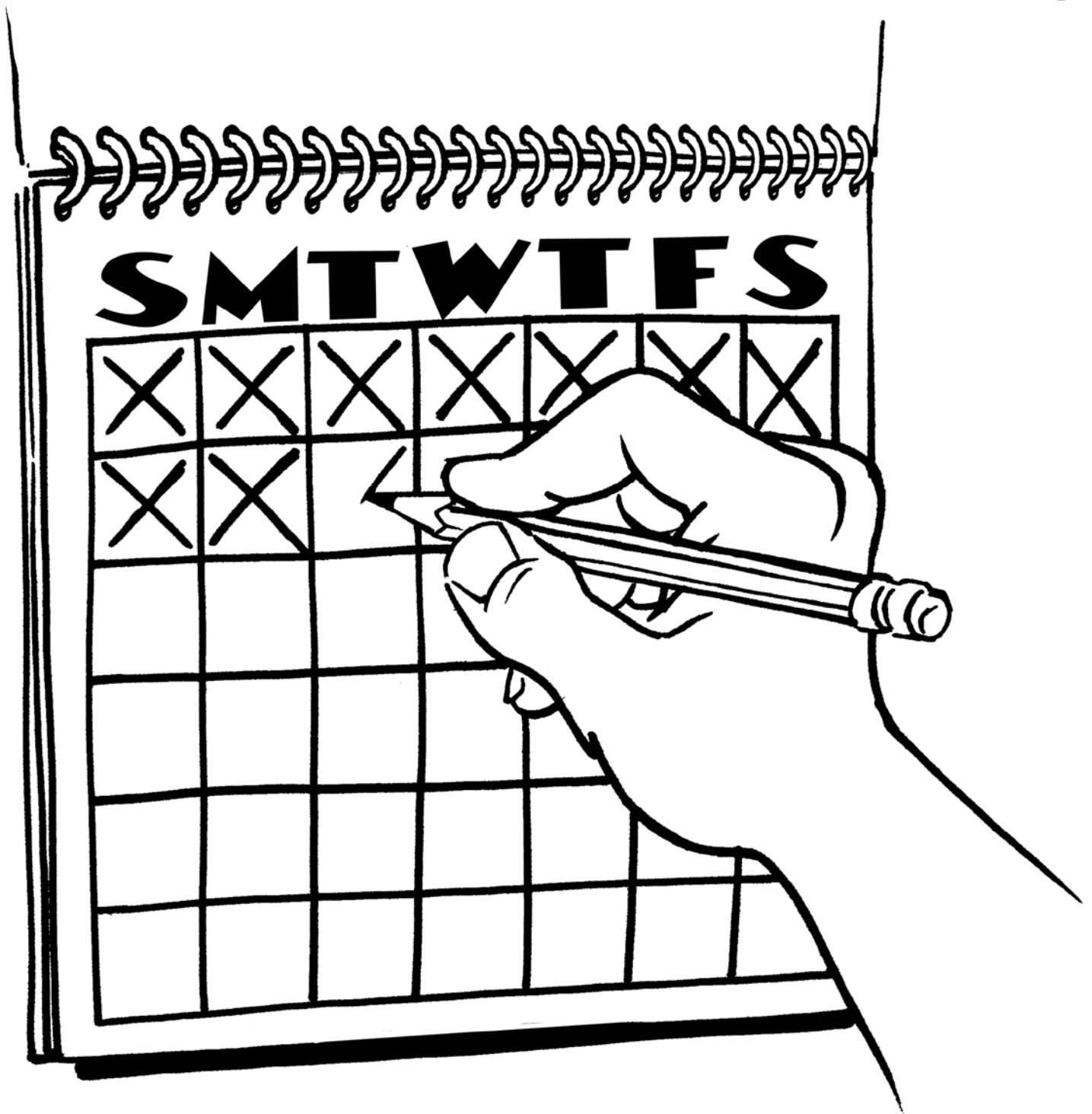


Happy Feet

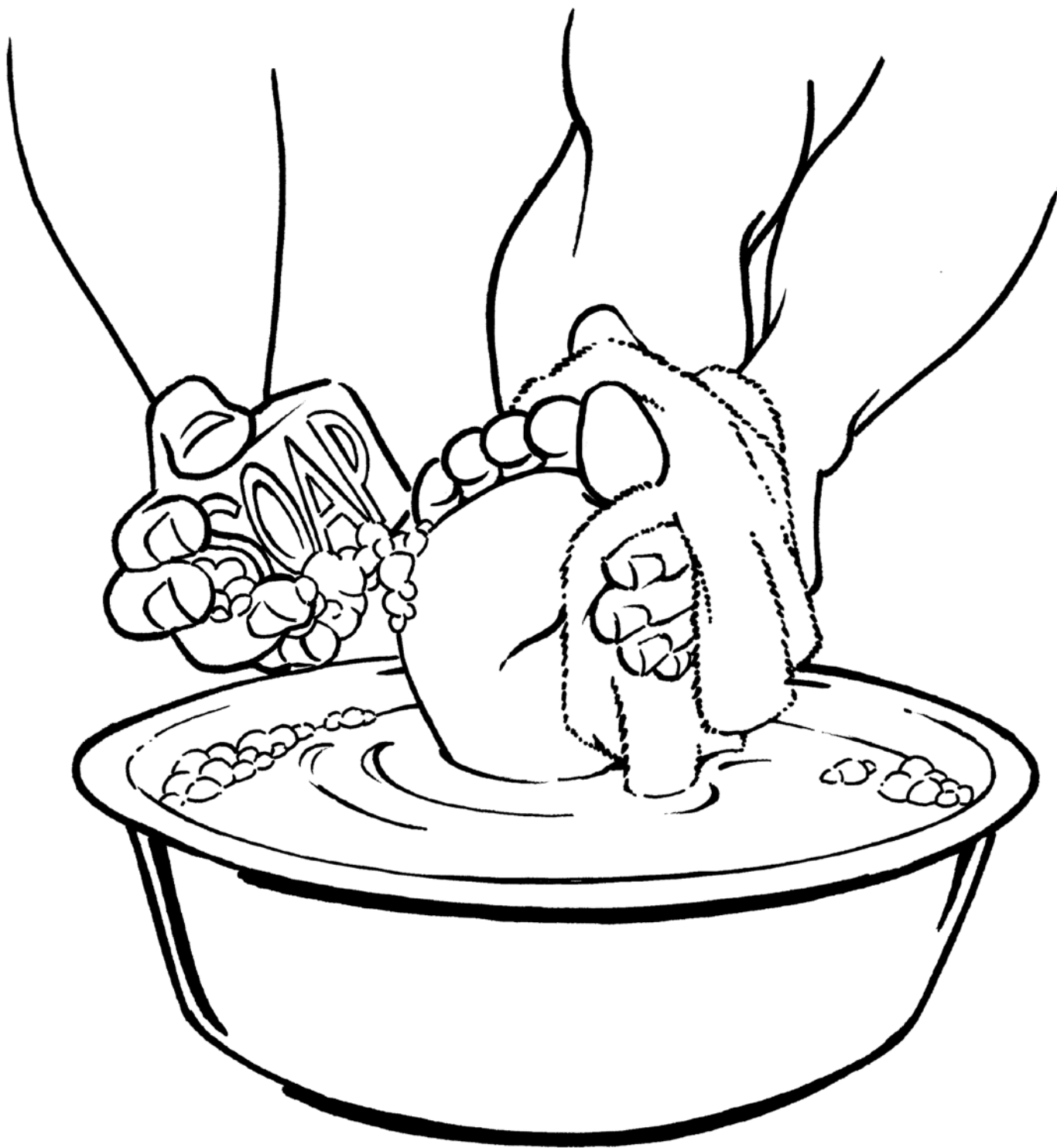
By Jenny M. Grimm and Anne Whittington



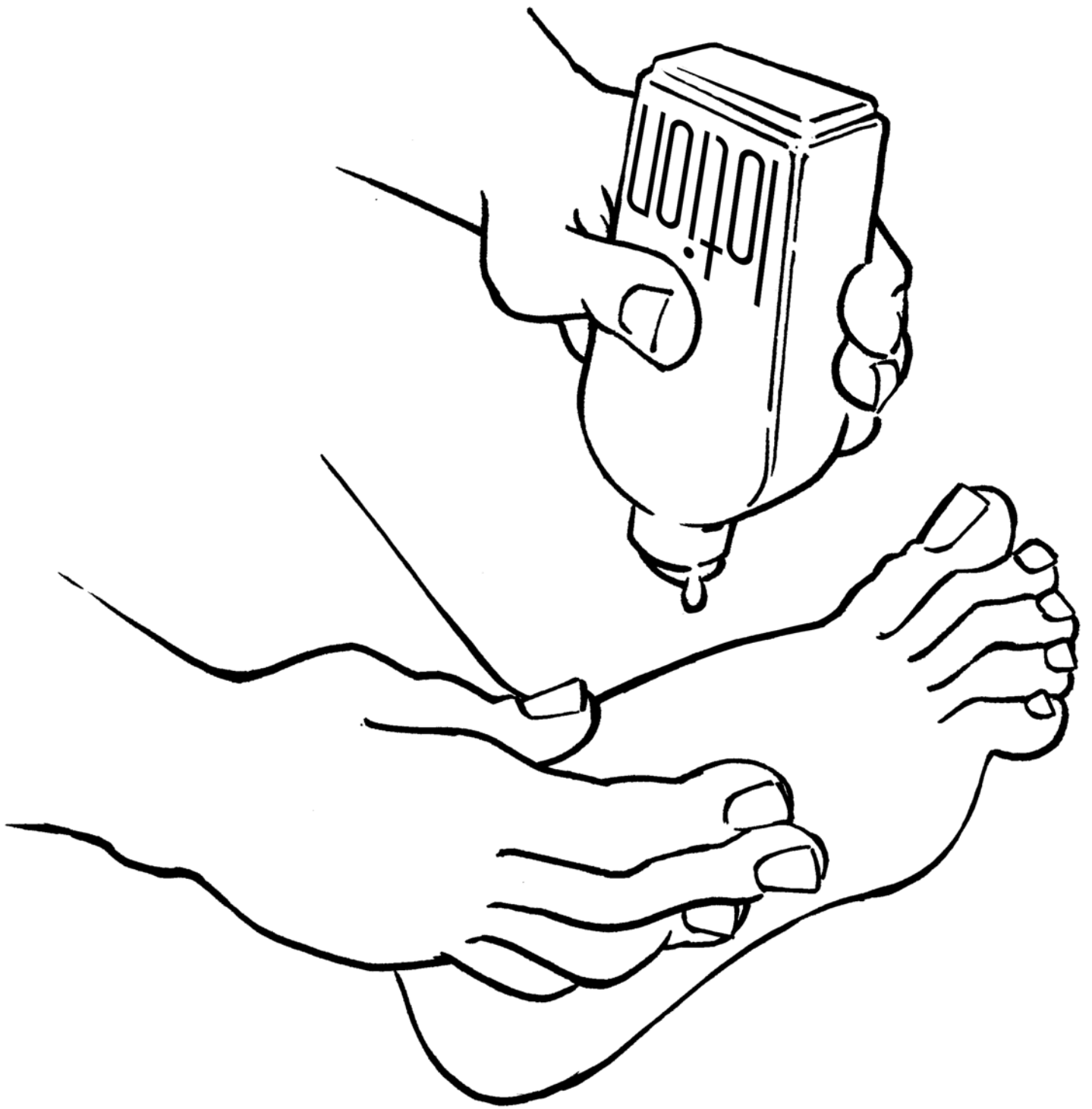
Care for your feet day by day...



Look at your feet.



Wash with soap and water.



Use lotion.
Do not put it between your toes.



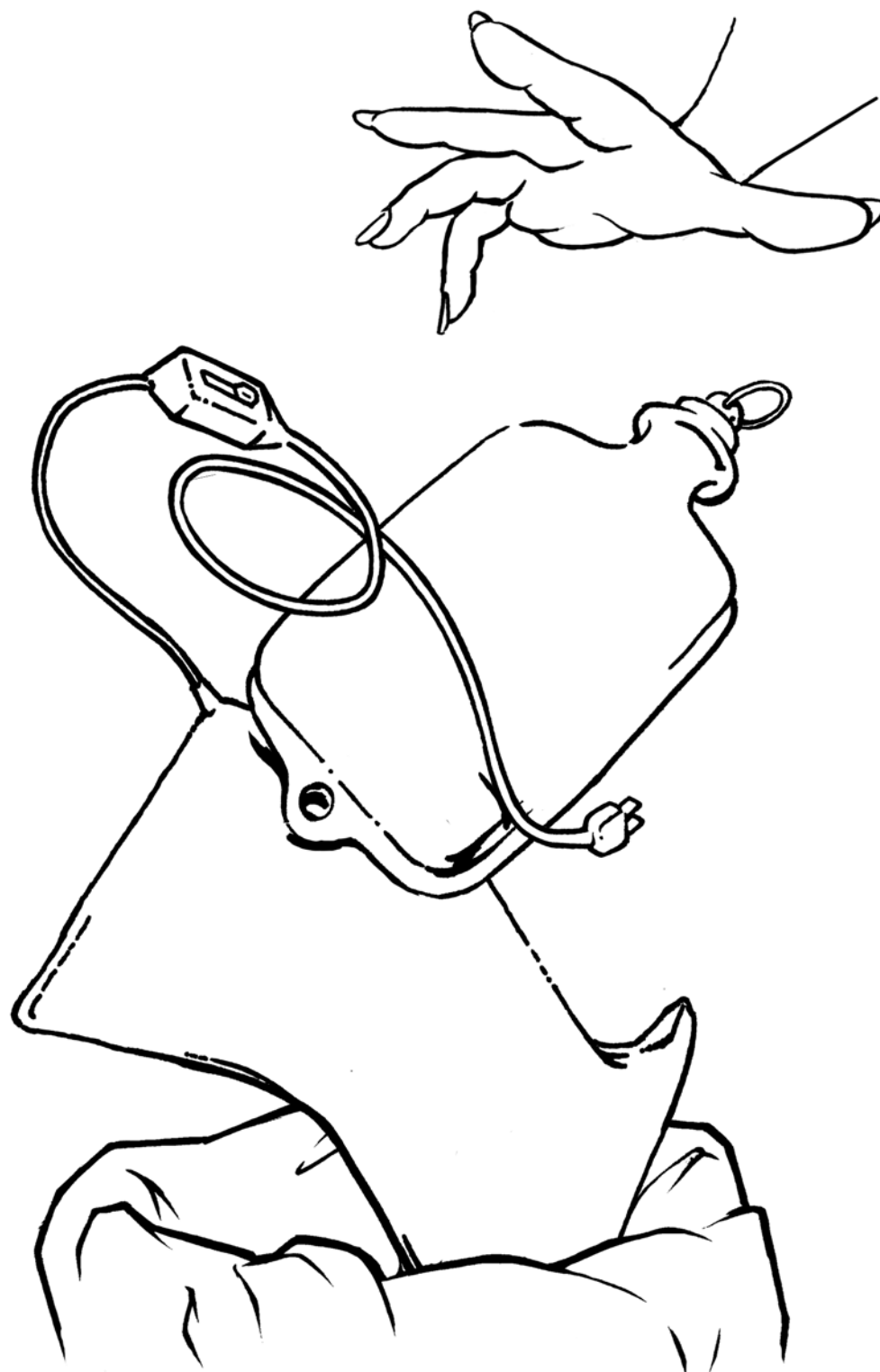
File nails straight across.



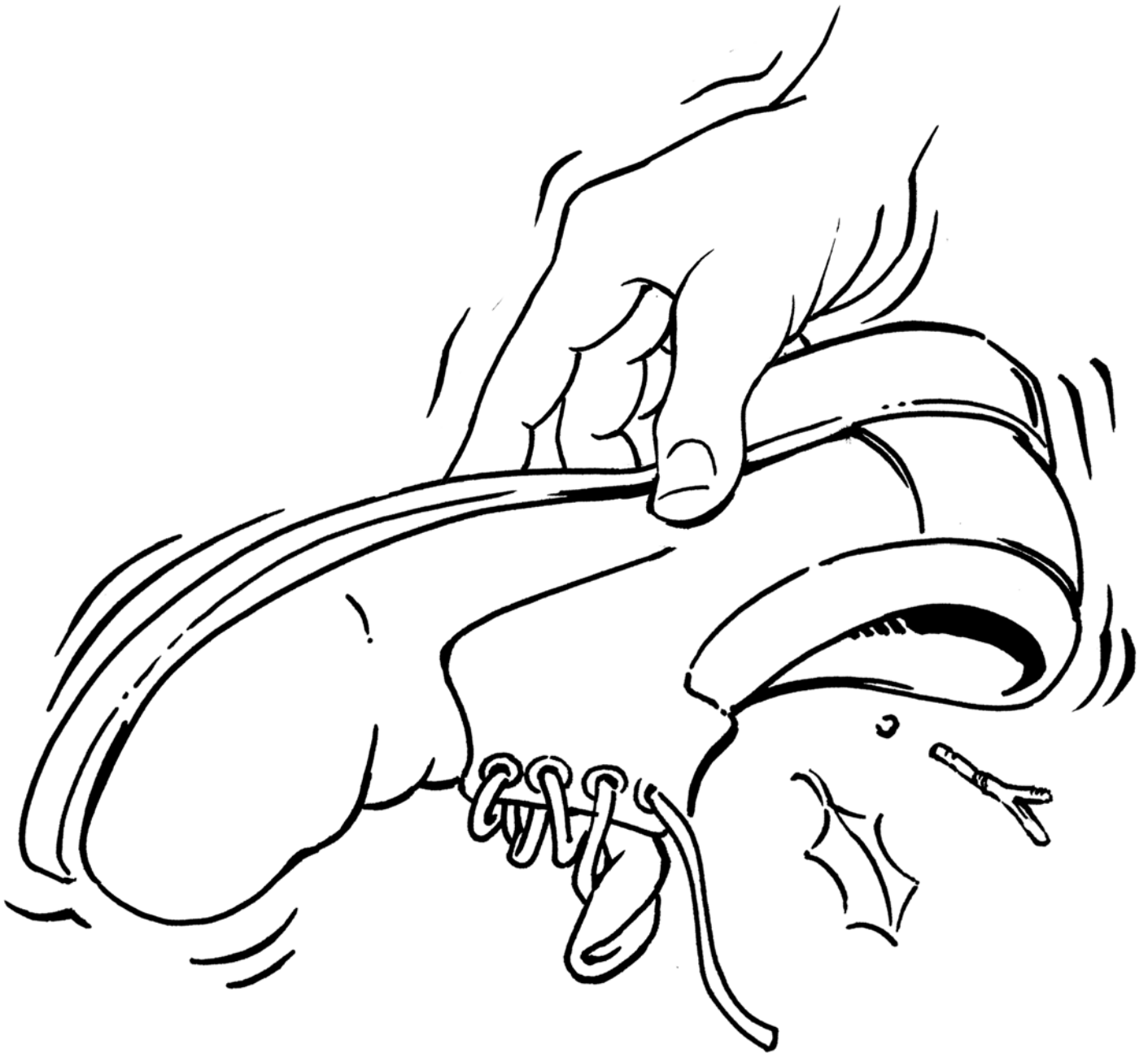
Throw away razor blades, knives
and corn removers.



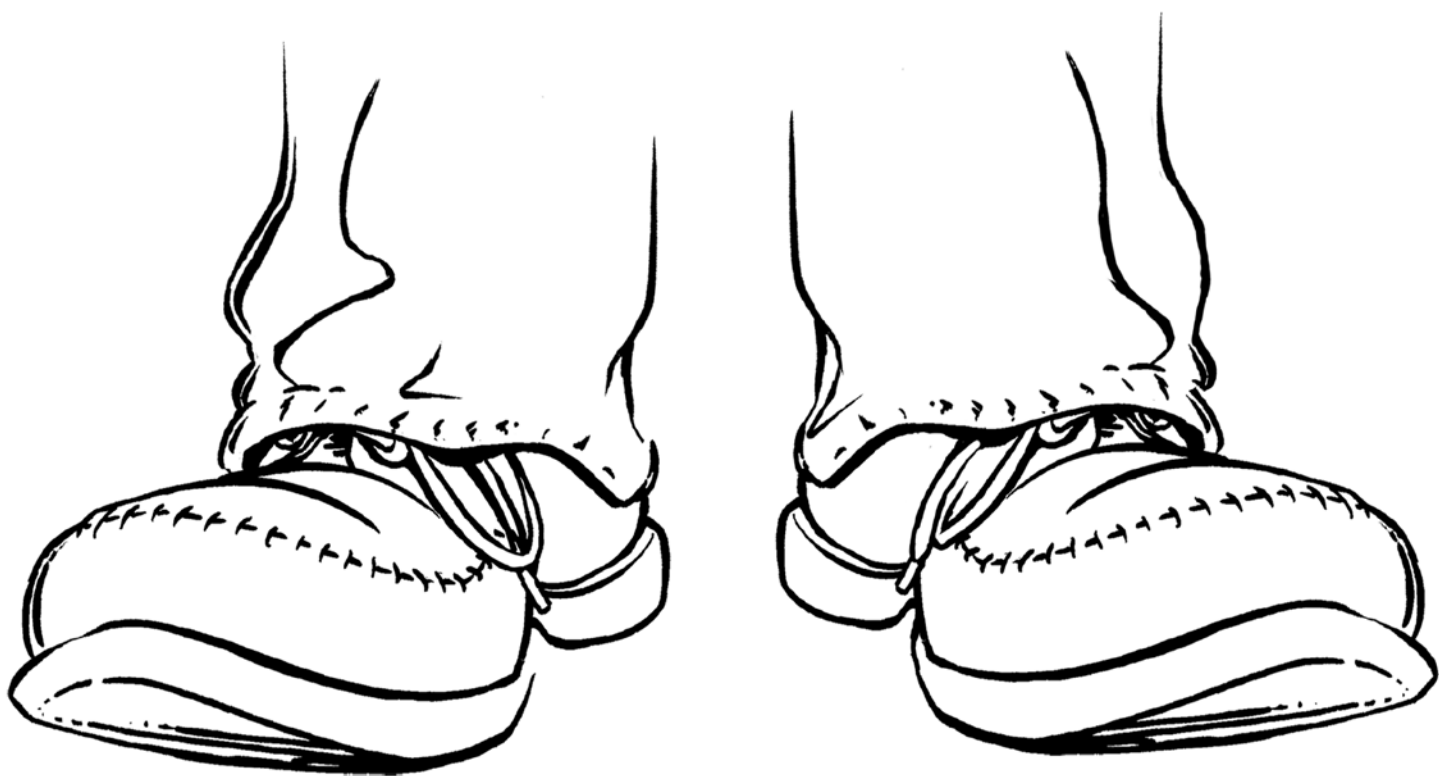
Wear socks to
keep your feet warm...



...Not hot water bottles or heating pads. Throw them away.



Clean out your shoes
before you put them on.



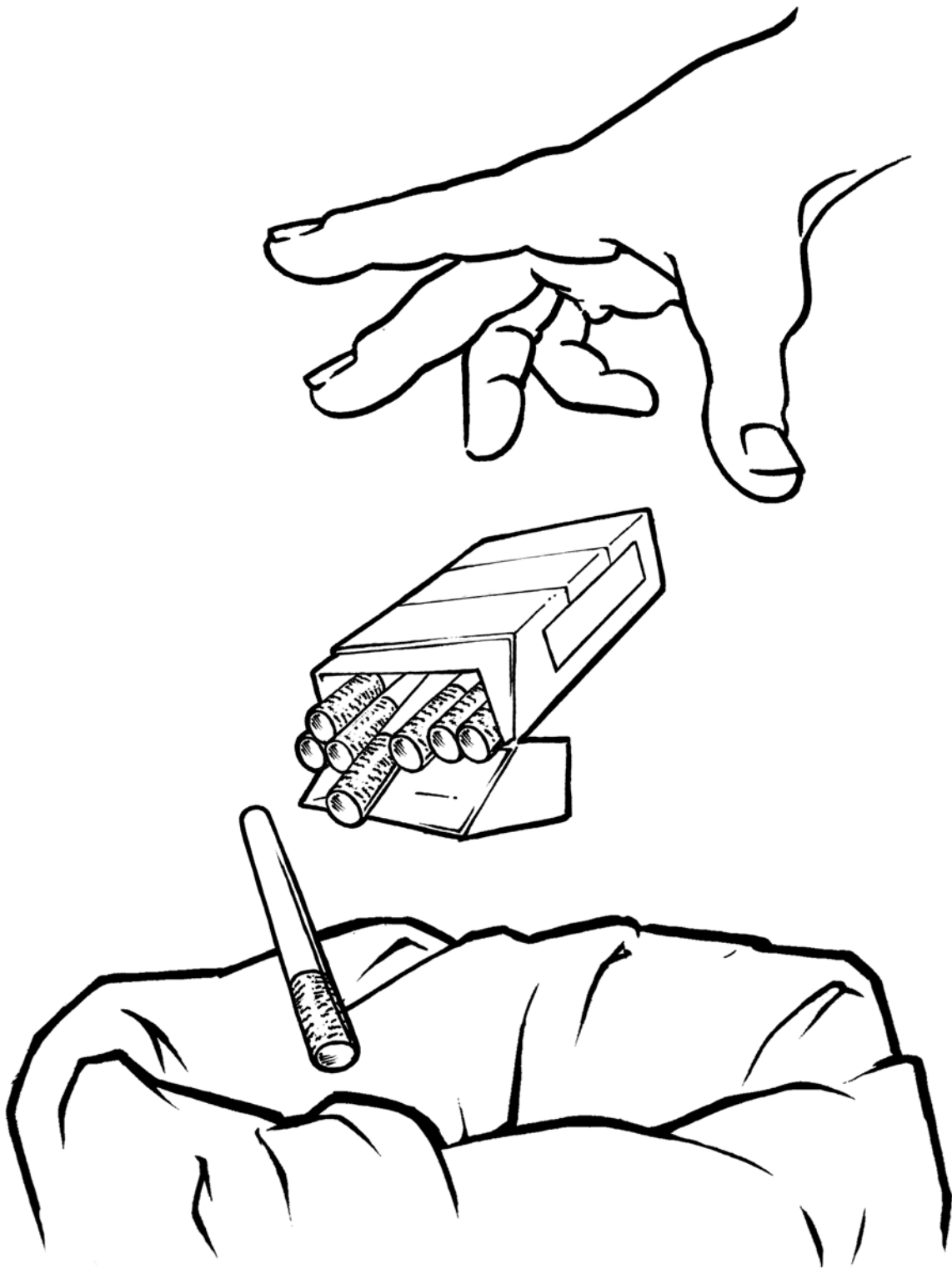
Wear shoes!
Wear shoes that fit.



Take your shoes and socks off at
each doctor's visit.



See your doctor
for any foot problems.



Do not smoke!

1. If you have diabetes, you need to wear shoes always.

☐ Yes

☐ No

2. You need to look at your feet each day.

☐ Yes

☐ No

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Illustrations and design by the UGA College of Agricultural & Environmental Sciences
Office of Communications, after original concepts by Stephanie Goodson and Robert W. Reardon.

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The Medical College of Georgia Hospitals and Clinics is participating in the State of Georgia Voluntary Contribution Fund. This material has been developed in support of primary care programs for patients, regardless of the ability to pay.

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Bulletin # FDNS-E 84-06

Revised 2010, reviewed 2013

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914,
The University of Georgia College of Agricultural & Environmental Sciences and the
U.S. Department of Agriculture cooperating.