

In diabetes chances of foot infections are very high. Hence you must take care of your foot to avoid any infections and related complications.

Some important points to make your feet happy are as follows:



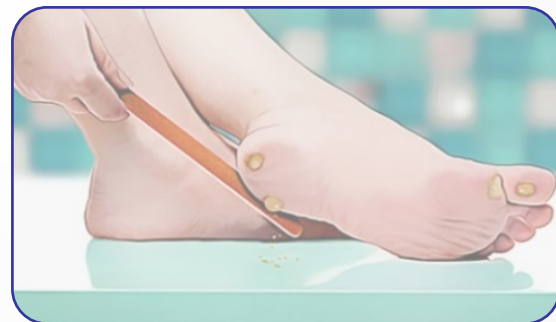
Check feet Daily



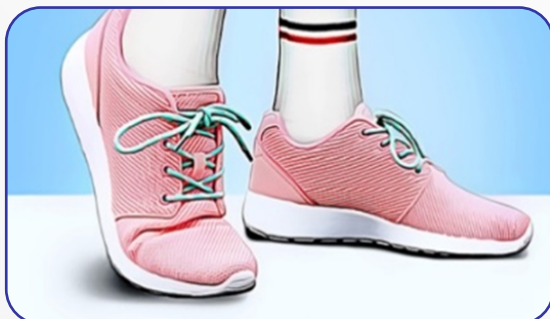
Moisturise Feet Daily



**Look Out for sign
of Infection**



**File any build-up of hard
skin or corns**



**Wear Shoes and socks with
Supportive features & a good fit**



**Go for Foot Screening
on regular basis**

Most people with diabetes can prevent serious foot complications. Though initially it may look difficult but this is a new way of life which is safe, simple and successful-way to manage Diabetes well.