Have a podiatrist care for and check your feet at least once a year

Inspect, wash and dry feet daily, especially between toes

Monitor blood sugar levels regularly

Check shoes and socks for sharp or rough edges or seams before putting them on

Check the temperature of the water before putting your feet in

Do not walk indoors or outdoors without well-fitting shoes

Do not smoke
References:
National Evidence-Based Guideline on Prevention, Identification and Management of Foot Complications in Diabetes. Melbourne Australia 2011
McIntosh A et al. Prevention and Management of Foot Problems in Type 2 Diabetes. Sheffield: NICE 2003

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