

Questions to ask my doctor about diabetic foot care

Please print this page and discuss the following with your doctor at your next appointment.

Questions	Doctor response
What do I look for when checking my feet?	
Are there signs that mean I should call you immediately?	
How frequently should I check my feet? <i>New 2015 recommendations say that a foot exam should be performed at every office visit.</i>	
Should I cut my own toenails? If so, are there any special instructions I should follow? Should I see a podiatrist to better manage my feet?	
Is there anything special I should look for when buying shoes?	
What can I do to help prevent foot problems from diabetes?	
When should I schedule my next complete foot exam with you or the podiatrist?	

Optum provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional.