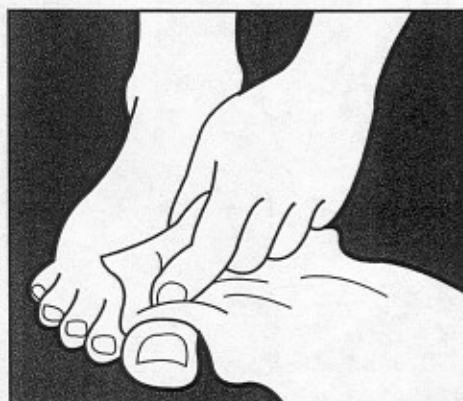
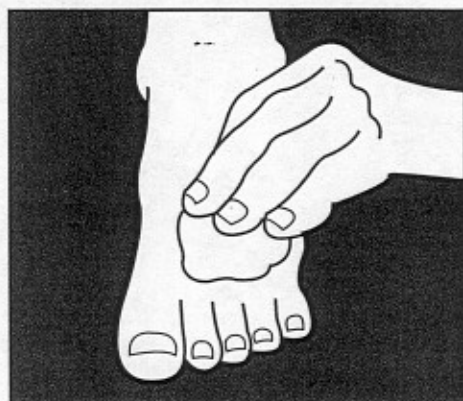




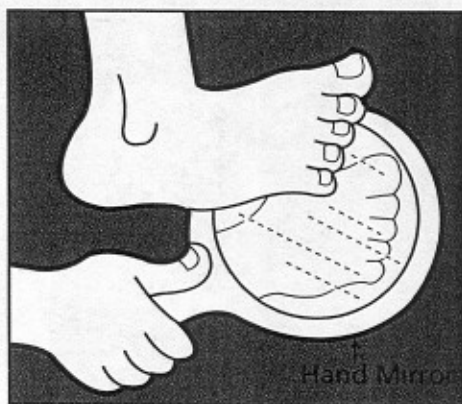
1 Wash your feet daily with lukewarm water and soap.



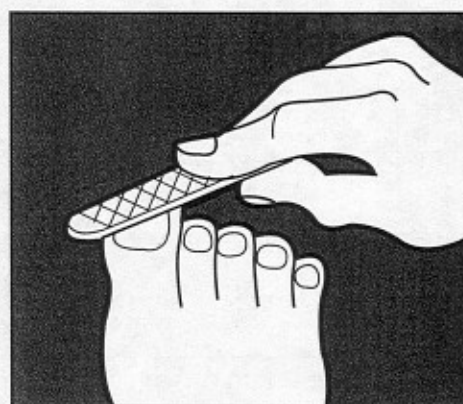
2 Dry your feet well, especially between the toes.



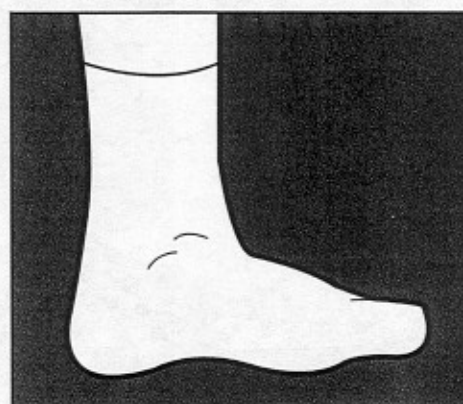
3 Keep the skin supple with a moisturizing lotion, but do not apply it between the toes.



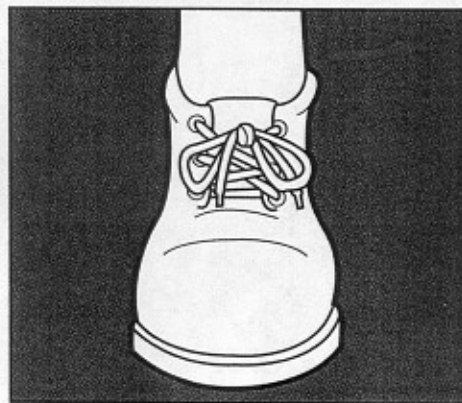
4 Check your feet for blisters, cuts or sores, redness or swelling. Tell your doctor right away if you find something wrong.



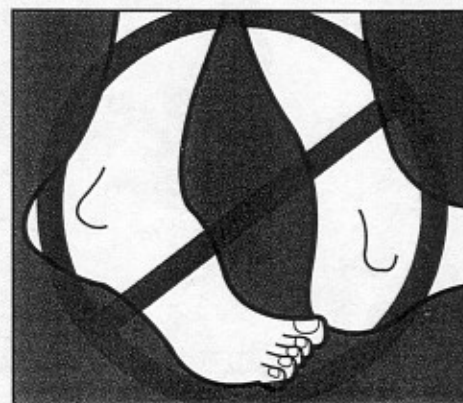
5 Use emery board gently to shape toenails even with ends of your toes. Do not use a pocketknife or razor blades.



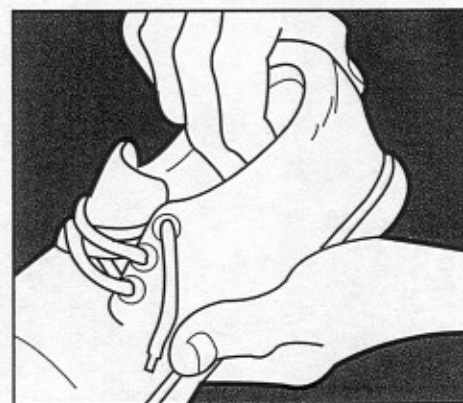
6 Change daily into clean, soft socks or stockings, not too big or too small.



7 Keep your feet warm and dry. Preferably wear special padded socks and always wear shoes that fit well.



8 Never walk barefoot indoors or outdoors.



9 Examine your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.

Take good care of your feet - and use them.
A brisk walk every day stimulates the circulation.