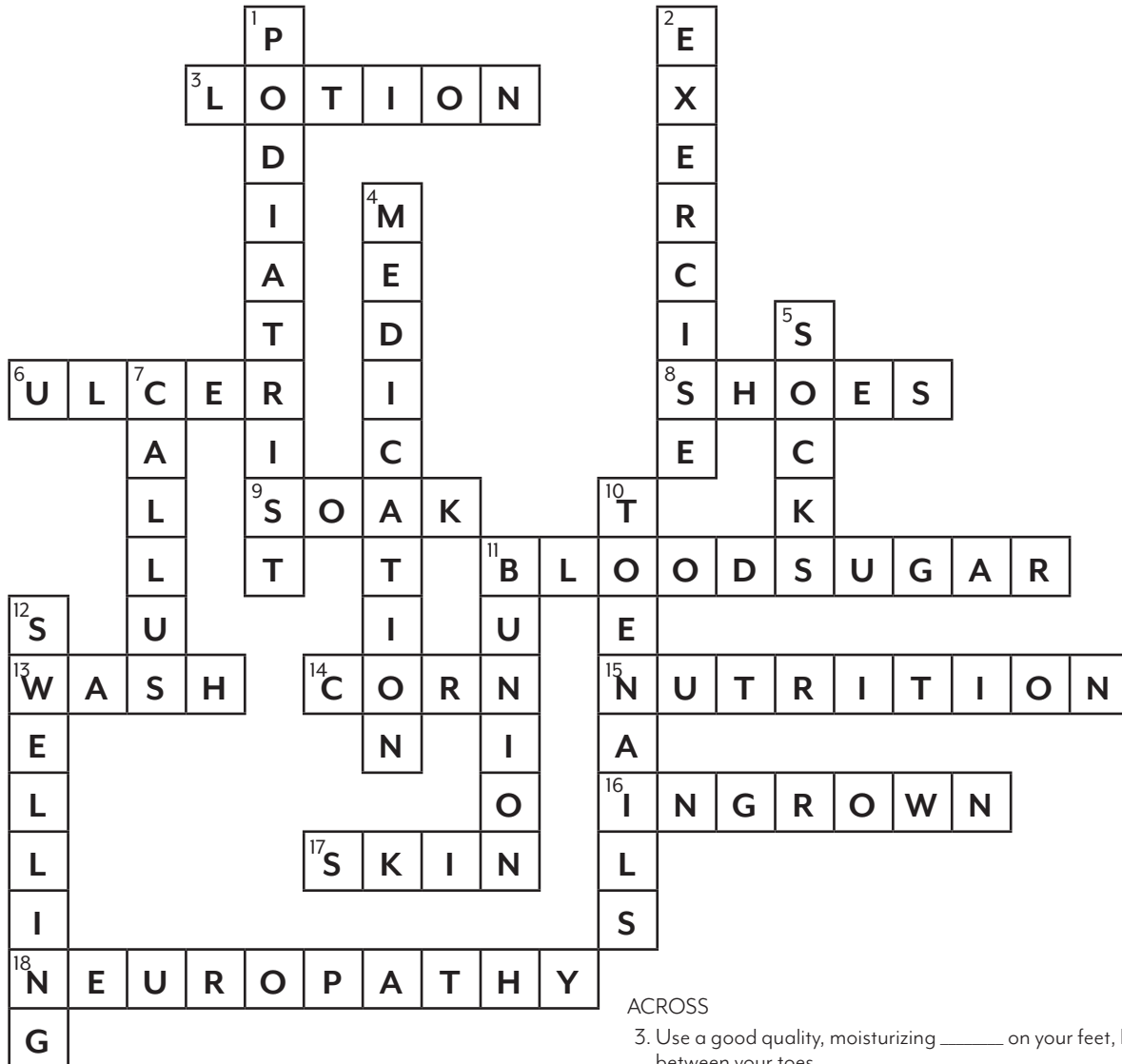


FOOT CARE CROSSWORD PUZZLE



DOWN

- The doctor that cares for your feet is a _____.
- In addition to good food choices and medication, you should _____ every day.
- Take this every day as prescribed to ensure your blood sugar stays in line.
- Always wear white, natural fiber (cotton or wool) _____ to protect foot tissue.
- Check your feet every day for this area of thickened skin, produced by pressure or friction.
- Check these once a week for fungus and cut straight across.
- This condition is when a toe extends beyond the normal profile of your foot.
- Prop your feet up to prevent _____.

ACROSS

- Use a good quality, moisturizing _____ on your feet, but NEVER between your toes.
- An open sore on the foot that goes through the skin surface or deep through the full thickness of foot skin.
- Always protect feet with professionally fitted _____, but alternate different pairs.
- Never _____ your feet as this can increase dryness.
- Keeping your _____ in the normal range is most important for good foot care.
- _____ your feet every day with mild soap and warm (not hot) water and dry well.
- A _____ is an area of thickened skin similar to a callus, but it has a distinct center.
- Healthy eating or good _____ is important for good health. Protein and vitamins are important for wound healing.
- A common issue with toenails is an _____ toenail, which can become infected.
- Dry, scaly _____ is prone to crack or ulcerate.
- Loss of sensation or feeling. You may not feel heat, cold, pain, or something in your shoe.