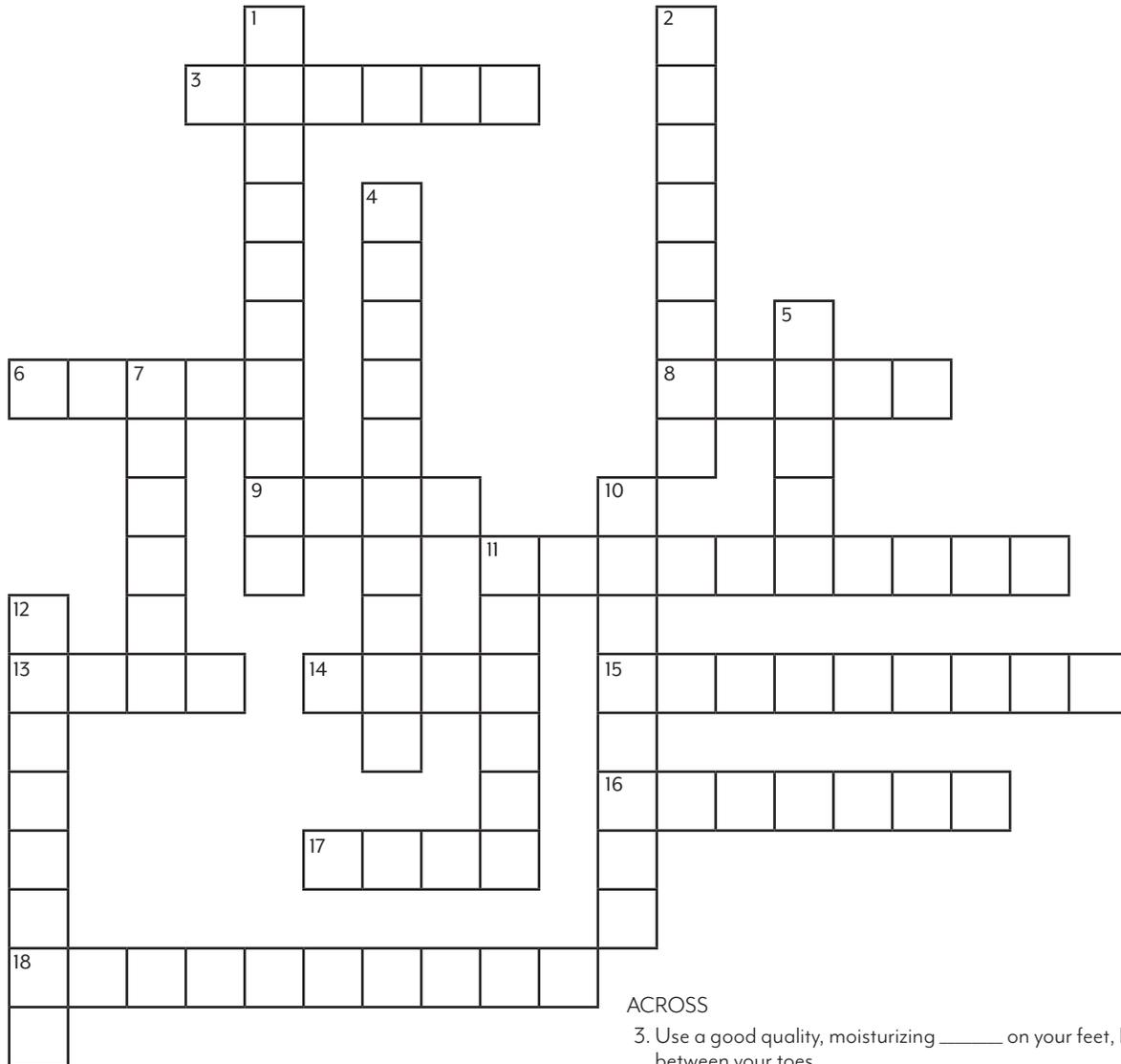


FOOT CARE CROSSWORD PUZZLE



DOWN

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

ACROSS

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