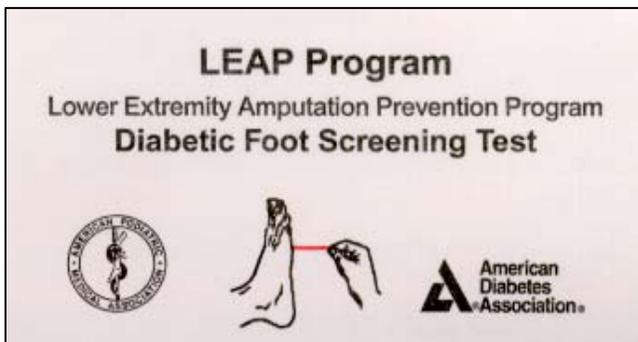
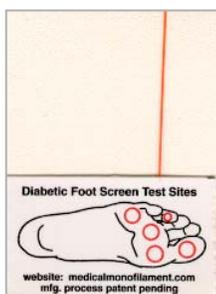


DIABETES GUIDELINE - MONOFILAMENT CARD



Front Cover

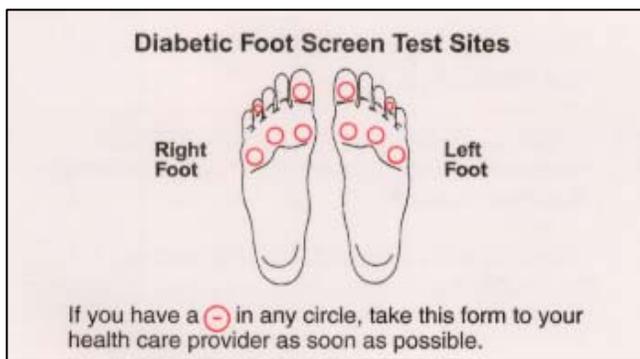


Monofilament

Self Testing Instructions

1. Hold the filament by the paper handle. 
Step 1
2. Use a smooth motion to touch the filament to the skin on the foot for 1-2 seconds. Touch alongside of, and NOT directly on, an ulcer, callus, or scar. Push to make the filament bend. 
Step 2
3. Touch the filament in all sites circled on the drawing on back.
4. Place a ⊕ in the circle if you feel the filament at that site and a ⊖ if you cannot feel the filament.
5. Patients with Diabetes should receive a complete foot exam from a health care professional yearly.

Inside



Back Cover

This item is included in the Diabetes Mellitus Clinical Practice Guideline Tool Kit and is available for re-order from the Army MEDCOM Tool Kit Shopping Cart: www.QMO.amedd.army.mil