

Possible Complications

Good blood glucose control, keeping to a sensible diet, exercise and not smoking reduces the risk of developing these complications.

Reduced Blood Supply

Blood vessels can 'furl' up and become blocked which can lead to delayed healing. Blood can become more sticky.

Loss of Sensation

The nerves in your feet and legs can become damaged so you may not feel a minor injury or pressure to your foot. This increases the risk of developing foot ulcers and infections.



Diabetes can delay healing and increase the risks of infection. People with long-standing diabetes and older feet are most at risk.



DO



Wash your feet daily and dry carefully. Change socks/stockings daily.



Moisturise areas of dry or hard skin (but not between toes).



Cut nails to the shape of the toe using nail clippers or scissors, but not too short, and then file smooth.



Ensure shoes fit well. If possible have them fitted by a trained shoe fitter. Check for foreign objects in them before putting on footwear



Examine your feet daily. Use a mirror if necessary.



Keep in touch with your health care team and Podiatrist who are there to advise on footcare and detect any problems.



DON'T



Don't step into hot water without testing the temperature with your elbow.



Don't use corn plasters, hard skin removers or sharp instruments on your feet.



Don't wear tight socks, stockings, garters or footwear.



Don't ignore even the slightest of injuries.



Don't walk about barefoot, especially outside.



Don't risk direct heat eg. hot water bottles, fires, hot sand etc.



When to seek help:

If you develop:

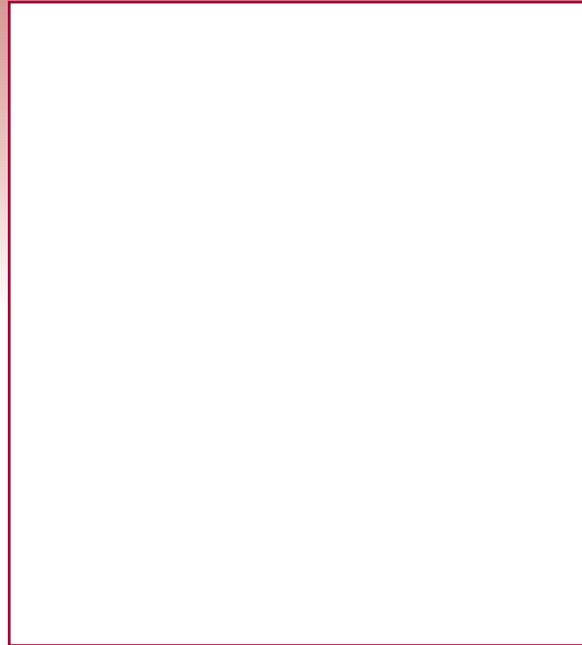
- Pain/discomfort/swelling
- Inflammation
- Colour changes
- Weeping
- Cuts or scratches that are slow to heal
- Corns or callus

Contact your:

- NHS Podiatrist
- GP Practice
- Hospital Diabetic Clinic
- NHS Direct tel: 0845 46 47



Personal Advice



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We welcome feedback.
If you have any queries, comments
or suggestions, please write to:

Community Podiatry Services Manager
St Mary's Hospital
Greenhill Road, Armley, LS12 3QE

Telephone:
0113 30 55155

Your Feet & Diabetes

Although you are unlikely to have serious foot problems footcare is extremely important.



Step by Step to Healthy Feet
Here's how...