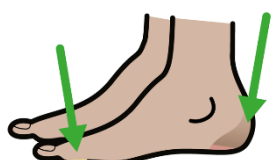


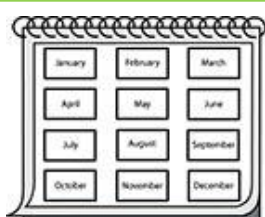
## Foot care and diabetes



Diabetes can cause foot problems



You will be invited to get your feet checked. It is very important you go.



You need your feet checked every year or sooner if you have problems.



You can protect your feet by:

- Taking your medication
- Checking your feet regularly
- Keeping your feet dry and clean
- Keeping your nails, a safe length
- Putting moisturising cream on your feet (not between your toes)
- Wearing comfortable shoes that fit
- Avoiding walking barefoot