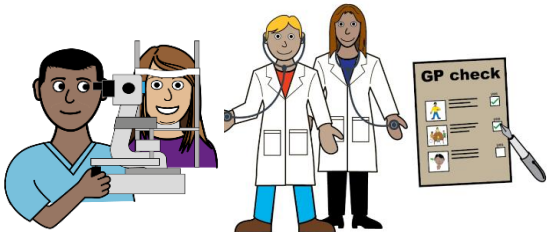
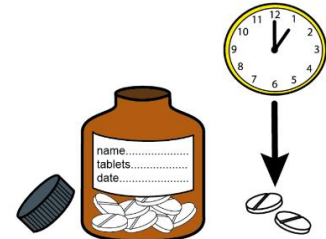


Diabetes Leeds

How to stay healthy with diabetes and your feet



Attend all your appointments for your diabetes, eyes, and feet



Take your medications and attend your blood tests



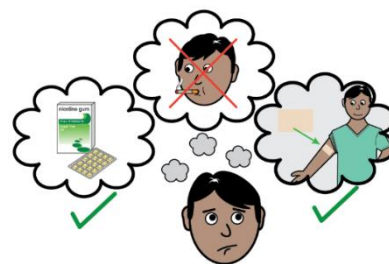
Wear the dressings, shoes and appliances given to you



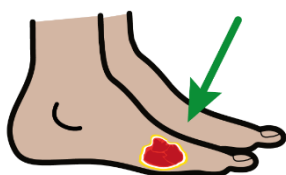
Eat well and move more, visit active.leeds.gov.uk



If you fall or have a foot problem, tell your doctor or podiatrist



If you need mental health support, visit Mindwell-Leeds.org.uk



If you have a red or hot foot call: 07786 250788

If you need social help, visit LinkingLeeds.com

If you smoke, ask for stop smoking help. Visit OneYouLeeds.co.uk