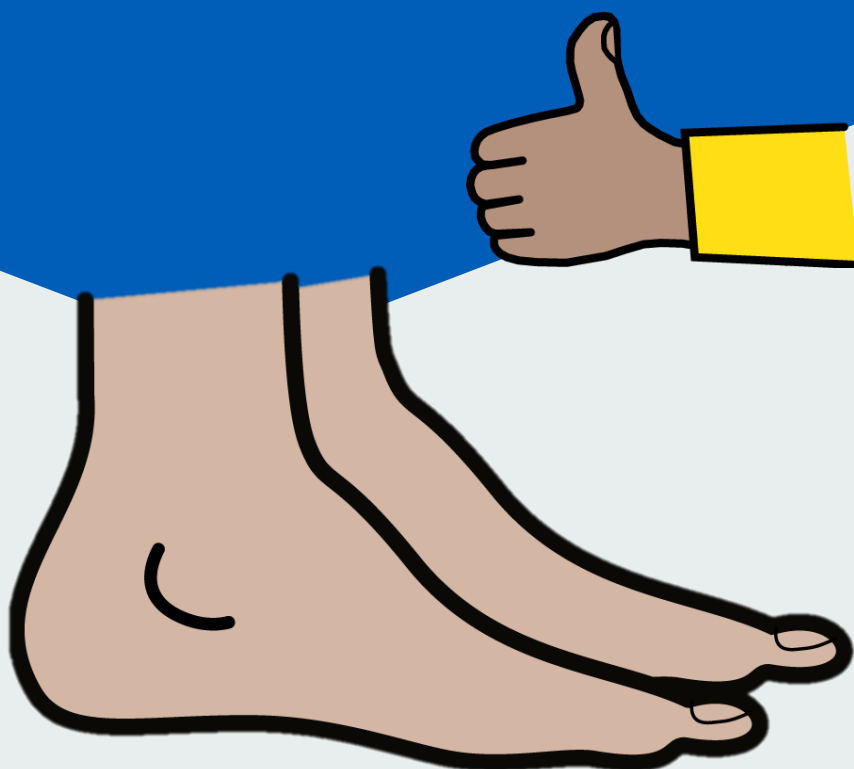
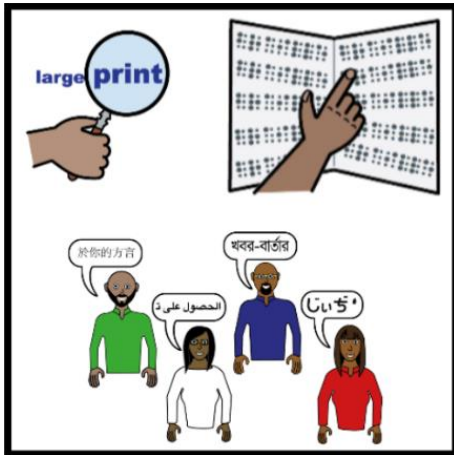


Easy Read

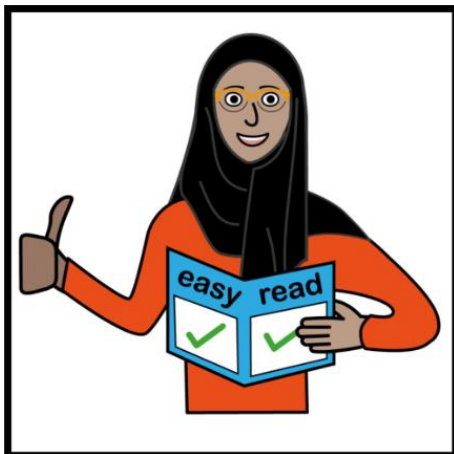
How to keep your feet healthy

Information leaflet

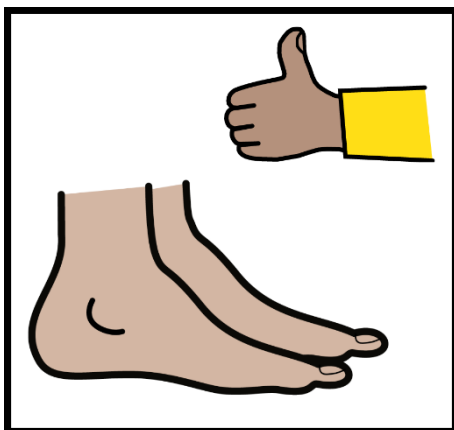




If you require this information in other languages, Braille, large print, or audio format please contact The Podiatry Service.



This booklet uses easy words and pictures. You might want to ask someone to help you read it.



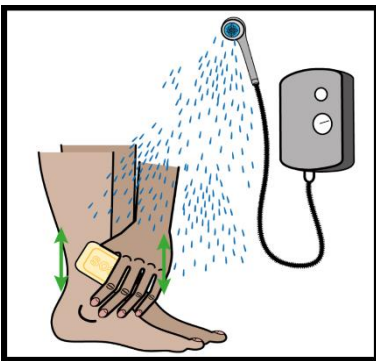
This booklet will help you know how to keep your feet healthy.

To keep your feet healthy, you should...

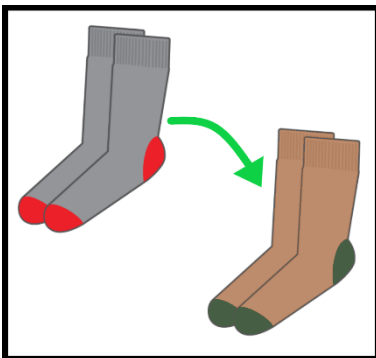


Try to wear shoes that:

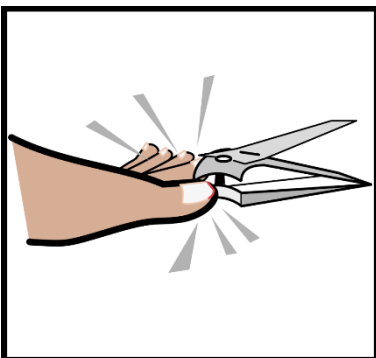
- Fit well
- Are flat
- Fasten up
- Have a thick sole
- Are made of leather



Wash your feet every day and remember to dry them well.



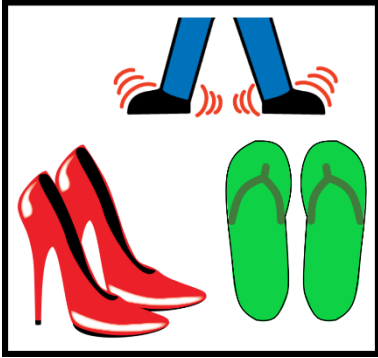
Change your socks every day.
Take care of the skin on your feet.



Cut your nails to the shape of your toe.

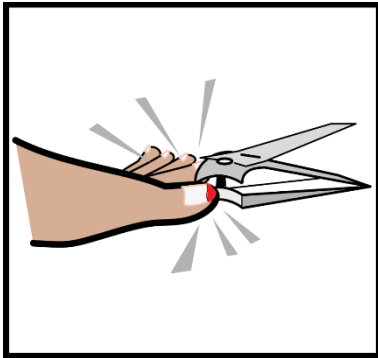
Keep an eye on your feet – check they look OK!

To keep your feet healthy...

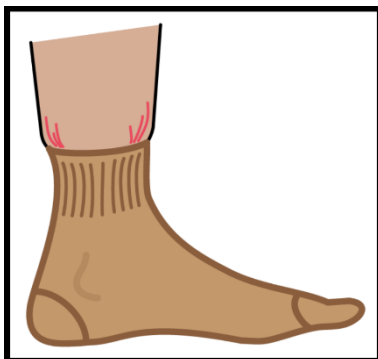


Don't wear shoes that:

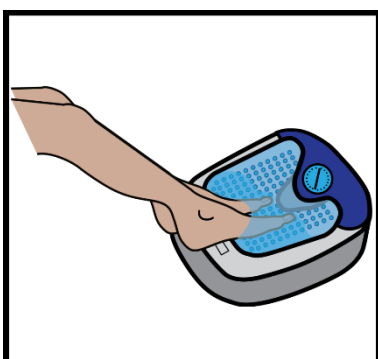
- Don't fit well
- Have high heels
- Don't fasten up
- Are uncomfortable
- Are hard to walk in



Don't cut nails too short.



Don't wear socks that are too tight.



Don't soak your feet for a long time.



Service Contact Information

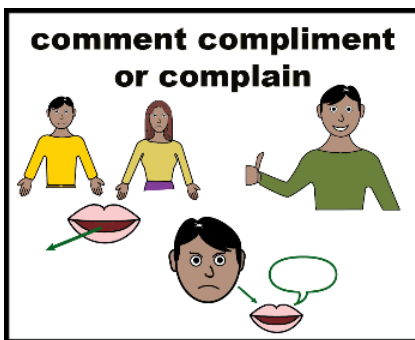
If you need to speak to someone about this leaflet, you can:

Call:

0113 8430730

Email:

leedscommunitypodiatry@nhs.net



If you want to give feedback to someone outside the service, you can speak to the **Patient Experience Team**.

Call 0113 220 8585

Email lch.pet@nhs.net



We might ask you a few questions and keep a record of your personal details.

We may share your information with other services. We will ask you before we do this, as per the Data Protection Act 1998.