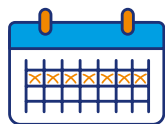




Footcare is very important if you have diabetes.

It's because diabetes can affect your circulation. This can cause foot problems — and can also make it difficult for wounds to heal. You may have nerve damage too, and that can mean you don't feel anything if you've hurt yourself.

Every week diabetes causes more than **169** amputations in the UK.



But most amputations can be prevented. If you take good care of your feet and check them every day, you can reduce your risk.

Never ignore a foot problem.

They can develop fast. You need to have treatment quickly.

And you need to know who to call in your diabetes healthcare team, so keep their numbers handy.

For more information and advice

Go to www.diabetes.org.uk/feet

Call **0345 123 2399***
Monday to Friday, 9am to 6pm

Email helpline@diabetes.org.uk

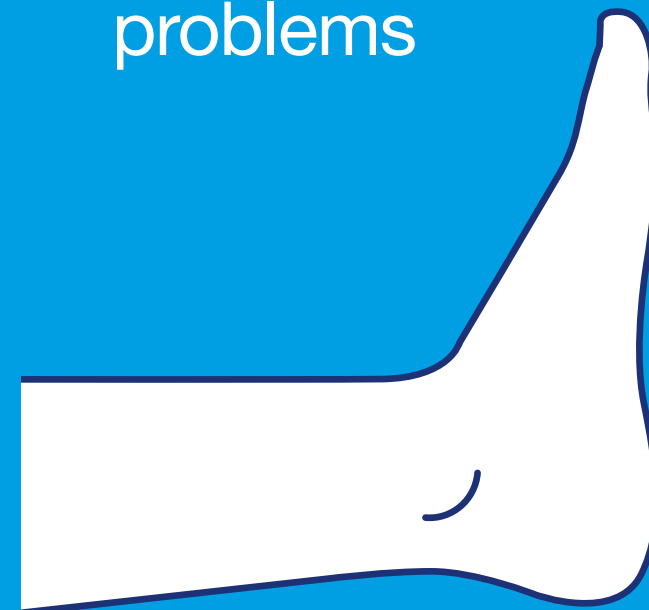
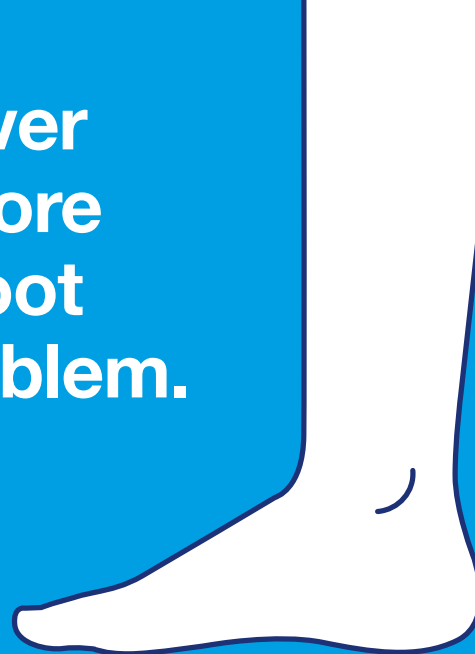
www.diabetes.org.uk

*Calls may be recorded for quality and training purposes.
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DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

10

simple steps
to prevent foot
problems



10

simple steps to prevent foot problems

1 Ask for help to stop smoking

Smoking makes it harder for blood to flow to areas like your feet. This can cause problems that can lead to amputation.



2 Manage your blood sugars, cholesterol and blood pressure

2

Easier said than done but there is help out there so ask for support if you need it. You can stop any problems from getting worse, or help prevent them by meeting your target levels.

3 Check your feet every day

Getting into the habit of looking at your feet means you'll be able to spot any changes like cuts, colour changes and swelling. If you see a change, speak to your diabetes team straight away.



4 Eat a healthy, balanced diet and stay active

4

You can get help on what to eat from a dietitian and your healthcare team will be able to support you to get more active. We've also got lots of information to get you started.

5 Take care cutting your nails

Use nail clippers and emery boards. Don't cut down the side and don't clean your nails using the point of scissors. If you think you need help to look after your nails, speak to your nurse or podiatrist.



6 Make sure your footwear fits

Don't wear socks or shoes that are tight, loose or rub. Blisters can easily become serious if you have diabetes.

6

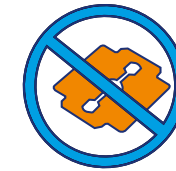
7 Use moisturising cream every day

This stops your feet from becoming too dry, which can lead to cracks and infections developing. Use a regular, perfume free moisturiser, but avoid using it between your toes.



8 Don't use blades or corn plasters

8



They can damage your skin. Speak to your healthcare team if you need help with corns or other skin problems.

9 Get expert advice

You should get a foot check and expert advice regularly to see if you're at risk of any problems. If you notice a problem, don't wait until your next check, get it looked at.



Keep useful numbers handy

10



Know what to do and who to call – your GP surgery, foot specialist or an out-of-hours service – if you have any problems with your feet.