

IF YOU HAVE DIABETES YOU NEED TO LOOK AFTER YOUR FEET



If you have diabetes may not feel pain in your feet.

Damage to the skin takes longer to heal if you have Diabetes.

There is also a greater risk of damaged skin becoming infected.

Look after your feet



Examine your feet daily

- Look for cuts, cracks and blisters
- Check between your toes
- If you have any breaks in the skin put on a dry sterile dressing

You might not feel any pain so you must check your feet visually. A mirror may help you if you have trouble reaching your feet.



Wash your feet

Wash your feet in warm water every day. Make sure the water is not too hot before you use it.

- Dry your feet carefully especially between your toes
- Cut your nails to the shape of your toe
- Never cut down the sides of the nail, it can lead to ingrown toenails
- Use a 'moisturising' cream on your feet to help keep the skin healthy



If you have corns or calluses ask for help from a Health Professions Council Registered Podiatrist or Chiropodist. Please do not use corn plasters or liquid corn removers.



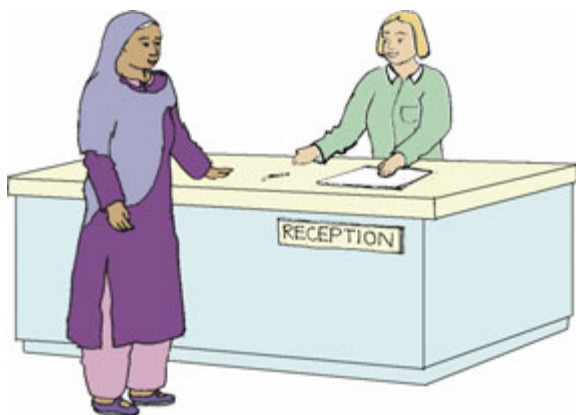
Protect your feet

Wear roomy socks or tights.
Choose shoe designs that have:

- shock absorbing soles to help reduce pressure
- buckles, straps or laces that secure the foot in the shoe and help prevent friction
- deep, broad fitting round toes that allow movement and prevent pressure on the toes

Please check inside the shoe for sharp objects before putting them on your feet. If you have loss of feeling in your feet, please take extra care.

Do not walk barefoot, use a hot water bottle or sit close to a source of heat.



Get help if you injure your foot

If you injure your foot, and it does not begin to heal, go to your practice nurse, doctor or podiatrist to have it checked.

If you would like more help or advice please contact:

The Podiatry Headquarters
Upton Hospital
Albert Street
Slough
SL1 2BJ

Tel: 01753 635031

or

The Podiatrist
The Diabetes Centre
King Edward VII Hospital
Windsor

Tel: 01753 636158

There is also the national organisation

Diabetes UK
Tel: 020 7424 1000
www.diabetes.org.uk

Berkshire East
Community Health Services


Berkshire East