

MODERATE RISK

DIABETES INFORMATION
AND ADVICE LEAFLET



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Diabetes is a lifelong condition which can cause changes in your feet. These changes can be gradual, and you may not notice them.

The changes that can occur are:



Your foot screening has found that you are



This means you need to take extra care of your feet. Your feet should be checked by the Podiatrist every 3-6 months.

PREVENTION OF FOOT COMPLICATIONS

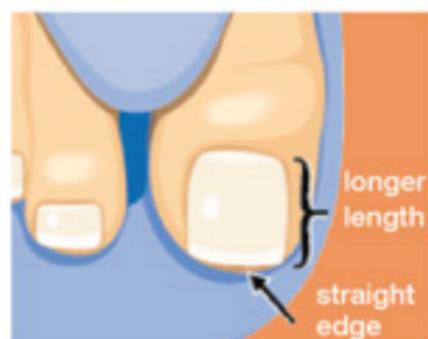
You can avoid foot complications by

- Having good control of your
 - diabetes (4-7mmol/L),
 - blood pressure
 - cholesterol levels
- STOPPING smoking
- Taking medications as prescribed by your doctor

As your feet are at **MODERATE RISK**, you will need to take extra care of them.

Follow the advice in this leaflet to reduce the risk of developing diabetic foot problems.

HOW TO CUT YOUR TOENAILS



- Cut free edge of the nail straight across.
- Smooth & round the edge with a nail file.
- Check there are no sharp edges which could cause skin damage.
- Do not cut down the sides of your nails. You may create a 'spike' of nail, which could result in an ingrown toenail.



If you experience any of these issues, call **22242999** to make an urgent appointment with your Podiatrist.

! DOS AND DON'TS

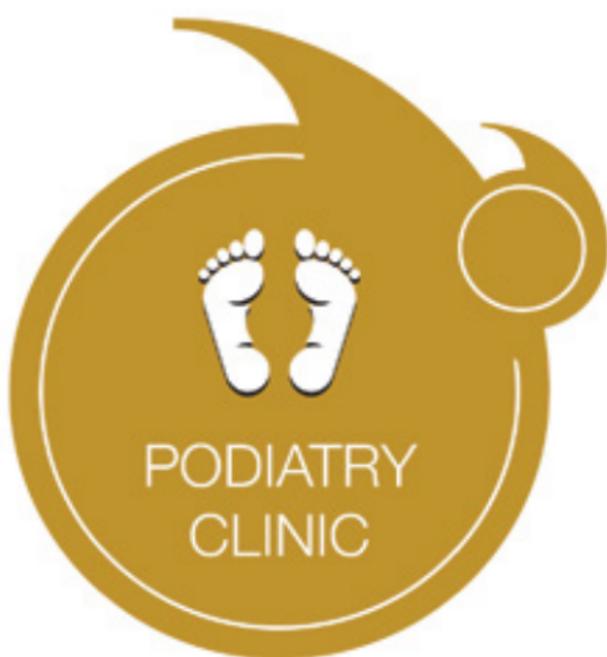
- ✔ Wash your feet every day in warm water with a mild soap free of fragrance.
- ✔ Dry your feet carefully, especially between the toes.
- ✔ Wear shoes and clean cotton socks inside and outside the house.
- ✔ Apply a moisturizing cream every day.
- ✔ Check inside your shoes for small objects or rough edges before you put them on.
- ✔ Check the bottom of your shoes before putting them on to make sure that there are no sharp objects.
- ✔ Buy new shoes later in the day, as your feet can swell during the day.
- ✔ Try on new shoes before you buy them to make sure they fit well.
- ✔ Wear a clean pair of cotton socks every day, preferably white or light in color. This will help you to notice bleeding or fluid from a foot problem more easily.
- ✘ DO NOT apply moisturizer between your toes.
- ✘ DO NOT soak your feet; this can damage your skin.
- ✘ DO NOT burst blisters.
- ✘ DO NOT walk barefoot.
- ✘ DO NOT use anything that might burn the skin on your feet, such as heat pads, heaters, or electric blankets.
- ✘ DO NOT remove hard skin or corns by yourself.
- ✘ DO NOT use over-the-counter or traditional remedies, such as medicated corn plasters, or verruca treatments.

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