

HIGH 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



HIGH RISK

This means you need to take extra care of your feet. Your feet should be checked by the Podiatrist every 1-3 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 **HIGH 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.

LOOKING AFTER YOUR FEET

- Your toenails should be cut by a trained healthcare professional.
- Hard skin & corns should only be removed by a trained healthcare professional.
- Never walk barefoot, always wear cotton socks and broad, deep well-fitting shoes.



You may be referred for additional tests, including test to assess your blood supply or nerve supply. Your Podiatrist will explain these to you, if they are needed.

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.