

# LOW 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. Your feet should be assessed every year.

Your foot screening has found that you do not currently have any of these problems, and you are



**LOW RISK**

Your foot assessment is normal, and this means you have little to no risk of developing diabetic foot problems. Your feet must be checked by the Podiatrist yearly as your risk status may change, and you may not notice these changes.

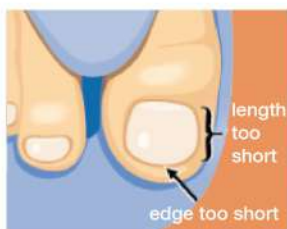
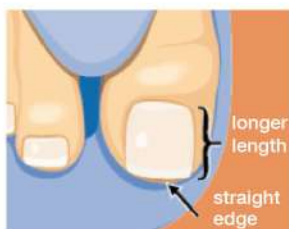
As your feet are in good condition, you may not need regular treatment. The Podiatrist will discuss this with you.

## **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

## 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.

## SHOES AND SOCKS

- Check the bottom of your shoes before putting them on to make sure that there are no sharp objects.
- Check inside your shoes for small objects or rough edges before you put them on.
- Buy new shoes later in the day, as your feet can swell during the day
- When buying new shoes, try them on before you leave the shop 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.



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

### ! DOS AND DON'TS

- ✓ Wash your feet everyday in warm water with a mild soap free of fragrance.
- ✓ Dry your feet carefully, especially between the toes.
- ✓ Apply a moisturizing cream everyday.
- ✗ DO NOT apply moisturizer between your toes.
- ✗ DO NOT soak your feet; this can damage your skin.
- ✗ DO NOT burst blisters.