



Diabetes is a lifelong condition, which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged. This can affect:

- ◆ the feeling in your feet (peripheral neuropathy); and
- ◆ the circulation in your feet (ischaemia).

These changes can be very gradual and you may not notice them. This is why it is essential you receive a foot screening and assessment from a podiatrist every year. You can then agree a treatment plan to suit your needs.

Your screening and assessment have shown that there is a **moderate risk** that you will develop foot ulcers. Your podiatrist will tick which of the following risk factors you have.

- You have lost some feeling in your feet.
- The circulation in your feet is reduced.
- You have hard skin on your feet.
- The shape of your foot has changed.
- Your vision is impaired.
- You cannot look after your feet yourself.

Controlling your diabetes, cholesterol and blood pressure and having your feet assessed every year by a podiatrist will help to reduce the risk of developing more problems with your feet.

**If you smoke you are strongly advised to stop. Smoking affects your circulation and can lead to amputation.**

As your feet are at moderate risk of developing ulcers, you will need to take extra care of them. You may need treatment by a podiatrist or podiatry technician.

If you follow the advice and information in this leaflet, it will help you to take care of your feet between visits to your podiatrist. Hopefully it will help to reduce the problems in the future.

## Advice on keeping your feet healthy

### Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness. If you cannot do this yourself, ask your partner or carer to help you.

### Wash your feet every day

You should wash your feet every day in warm water with a mild soap. Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin. Because of your diabetes, you may not be able to feel hot and cold very well. You should test the temperature of the water with your elbow, or ask someone else to test the temperature for you.

### Moisturise your feet every day

If your skin is dry, apply a moisturising cream every day, avoiding the areas between your toes.

## Toenails

Cut or file toenails regularly, following the curve of the end of your toe. Use a nail file to make sure that there are no sharp edges, which could press into the next toe. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail.

## Socks, stockings and tights

You should change your socks, stockings or tights every day. They should not have bulky seams and the tops should not be elasticated.

## Avoid walking barefoot

If you walk barefoot you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin.

## Check your shoes

Check the bottom of the shoes before putting them on to make sure nothing sharp such as a pin, nail or glass has pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

## Badly-fitting shoes

Badly-fitting shoes are a common cause of irritation or damage to feet. The podiatrist who assessed your feet may give you advice about the shoes you are wearing and advise you on buying new shoes. They may suggest that you are measured for special shoes you can get on prescription.