



Diabetes Unit

Tel: 01254 294506

LOW RISK

(Grade 0)

Keeping your feet healthy

Diabetes is a life long disease which can cause foot problems. These usually occur because of damage to nerves (affecting the sensation) and blood vessels (circulation)

Your examination has shown that you have no such damage. If you keep your diabetes under good control and have an Annual Foot Examination you should continue to be trouble free.

As your feet are "normal" you do not need regular chiropody but can care for them yourself with the advice overleaf.

Advice to keep your feet healthy

- Get your feet measured when buying new shoes.
- Keep your feet clean by washing every day.
- Any dry skin can be treated with a moisturising cream such as E45 (available at the Chemist, Supermarket or on prescription).
- Don't let your nails grow too long and don't cut them too short. Follow the shape of the nail when cutting.
- If you need any help in caring for your feet contact the nurse or chiropodist at your local Health Centre or Surgery.
- You will get free NHS chiropody treatment. If you want Private treatment choose a State Registered Chiropodist (SRCh).



Produced by the Diabetes Unit, Blackburn, Hyndburn & Ribble Valley

Moderate Risk

Preventing problems

Diabetes is a life long disease which can cause foot problems. Your examination has shown:

- The nerves to your feet are affected (you could not feel the fibre)
- The circulation to your feet is reduced

Any loss of sensation means that you may develop blisters and ulcers without being aware that your feet are being injured. You cannot feel them as you should

If the circulation to your feet is reduced an ulcer can be slow to heal.

Keeping good control of your diabetes will help to prevent further damage.

An annual foot examination will detect any further problems.

