

when to seek professional help

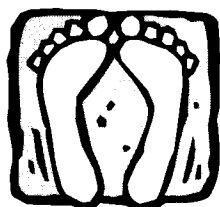
You should seek professional advice from your Podiatrist or local doctor if:

- you have any open wounds.
- you develop corns, callus or ingrown toenails.
- your feet are unusually red or swollen.
- red tracks appear on the feet or legs - this could indicate a spreading infection.
- if you are concerned about anything.

as a rule: seek help sooner rather than later.

Diabetes does not have to be a problem, so don't let it!

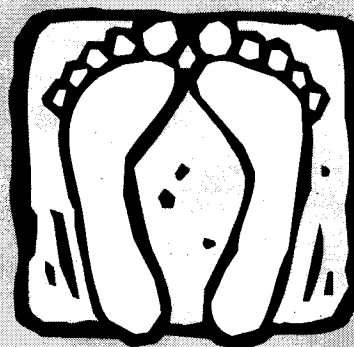
Australian Diabetes Council
26 Arundel Street, Glebe NSW 2037
phone: 02 9552 9900 • fax: 02 9660 3633
Email: info@diabetesnsw.com.au



created and produced for the health and safety of all feet
owned by those who have diabetes

DIABETES:

your feet come first



developed by Dollien Khoury for
the Liverpool Health Service Podiatry Department
and produced by Australian Diabetes Council

diabetes:

your feet come first

Diabetes is a disorder which results in increased blood sugar levels. As this condition progresses it affects your body in a number of different ways. Of most concern is the maintenance of good foot care and hygiene. This is because of two important facts.

why you need to take care of your feet

Diabetes affects the nerves of your feet. This could mean that over a long period of time and/or uncontrolled blood sugar levels, some of the feeling in your feet may be lost. This occurrence is termed peripheral neuropathy.

consequently:

You may not be able to detect any minor or major injury to your feet because of this lack of sensation.

Diabetes affects your circulation. This means there is less blood flow to your feet. Poor circulation also affects the condition of your skin, making it easier for it to be injured.

consequently:

Any injury to your feet will result in delayed healing, increasing the chances of complications such as infection.

basic foot care... precautions which need to be taken

To avoid injury to diabetic feet, there are a number of precautions which can be taken to ensure healthy feet and integrity of the limbs.

Check your feet every day. This is important as the pain sensation in your feet may have been lost.

Be aware of any:

- blisters
- scratches
- cuts
- cracks
- corns
- callus

Other tips:

- never walk bare foot.
- avoid extreme temperatures, for example, direct heat from heaters.
- always wear socks or stockings with shoes, this prevents rubbing.
- cut toenails straight across, file the corners to prevent any sharp edges.
- avoid corn plasters or any commercial product containing acids.

most importantly - keep your blood sugar levels controlled

Telephone numbers are correct at time of publication but are not continually updated. You may need to check the numbers in the telephone directory.