

Increased/Moderate risk feet

Podiatry Service

Diabetes is a lifelong condition, which can cause foot problems. Your examination has shown that you suffer from one or more of the following:

- The nerves to your feet are affected (you couldn't feel the monofilament fibre/tuning fork when tested).
- The circulation to your feet has been affected.
- You have a foot deformity
- You have a foot problem which needs the regular attention of a chiropodist/podiatrist.

Keeping control of your diabetes, attending for regular chiropody/podiatry appointments and following the advice overleaf will help to prevent further damage and foot problems.

For urgent treatment or advice contact your local clinic.

Remember to mention that you have diabetes when you speak to the chiropodist/podiatrist.

Your chiropodist/podiatrist can be contacted at:

Advice to prevent problems

- Footwear is often the main cause of damage to feet because you may not feel if they are rubbing. Always wear well fitting shoes with soft uppers and no hard seams. Lace-ups are good because they hold your feet firmly in place. Ask your chiropodist/podiatrist for advice.
- Try to have your feet measured before you buy any footwear. Remember you can't always feel if they fit. Avoid tight slippers.
- Socks should be cotton or wool and can be worn inside out so that the seams don't rub your toes.
- Before putting on socks and shoes check inside them for anything which may rub like stones or grit.
- Check your feet for any signs of damage, for example, infection, swelling, heat or changes in colour when you take your shoes and socks off.
- It is important not to walk barefoot and risk damaging your feet as you may not feel injuries occurring.
- Any minor cuts or blisters should be cleaned in warm, salty water and covered with a dry dressing. If they have not healed in two days contact your podiatrist.
- Keep your feet clean by washing every day. Dry between the toes to prevent athlete's foot.

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- If you cut your own nails follow the shape of the toe. Don't cut them too short, down the sides or let them grow too long.
- Treat any dry skin with a basic moisturising cream.
- If you cannot feel hot or cold very well, be careful when bathing. Test the water with your elbow in case your hands are also affected.
- Remove hot water bottles and switch off electric blankets before getting into bed so you don't scald your feet.
- Don't sit or sleep too close to fires or heaters.
- Remember you will need to see the chiropodist/podiatrist regularly and should contact them, a nurse or a GP at the clinic or surgery if you have any problems between visits. Do this urgently (within 24 hours) if there are any signs of infection, swelling, heat or redness.

Further information

- Remember to attend your annual diabetic foot assessment appointment with the GP practice nurse. It will help you maintain healthy feet for life.
- Never use over the counter corn remedies.
- If you require this leaflet in an alternative format such as large print, spoken (on CD) or Braille, or require it in a different language - speak to a member of staff.

Individual advice

