

**DiABETES UK**  
CARE. CONNECT. CAMPAIGN.



**FOR PEOPLE WITH DIABETES**

# 10 STEPS TOWARDS HEALTHY FEET

Take the first step towards healthy feet for life by **Putting Your Feet First.**

## 1 MAKE SURE THAT YOU ATTEND YOUR ANNUAL FOOT REVIEW

(For 12 years old +) where your bare feet will be examined by an appropriately trained person.

## 2 KNOW YOUR RISK

At the end of your annual foot review, you should be told your risk of developing foot problems and if you will be referred.

## 3 ARE YOUR FEET AT INCREASED OR HIGH RISK?

If so, make sure you been referred to a specialist for expert advice.

## 4 CHECK YOUR FEET EVERY DAY

for any signs of redness, pain, damage to the skin, swelling or build up of hard skin. **Look for any changes in the shape of your feet.**

## 5 BE AWARE OF ANY LOSS OF SENSATION IN YOUR FEET

Don't go barefoot and avoid extremes of temperature if you think you have lost feeling in any part of your feet.

## 6 TOUCH THE TOES TEST

Ask a family member or friend to assess the feeling in your toes by doing a quick, easy test at home.

## 7 LOOK AFTER YOUR TOENAILS

Don't cut down the sides of your nail as this could lead to ingrowing toenails. If you have any difficulty with your foot-care, ask to be put in touch with your local podiatrist (chiropodist). *Note: you may have to pay for nail cutting service.*

## 8 AVOID USING CORN REMOVING PLASTERS OR BLADES

of any kind as these may damage your skin.

## 9 ALWAYS WEAR WELL-FITTING SHOES

that protect and support your feet and whenever possible don't wear shoes with bare feet.

## 10 MAINTAIN GOOD GLUCOSE CONTROL

Good glucose control can prevent foot problems in the future by keeping the nerves and blood vessels that serve the feet healthy.

If you have any concerns about your feet, it is important that you contact your diabetes healthcare team as soon as possible.

Keep useful numbers handy and know who to call at the first sign of any new problem with your feet.

For more information visit

[www.diabetes.org.uk/putting-feet-first](http://www.diabetes.org.uk/putting-feet-first)

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**PUTTING  
FEET  
FIRST**

# PUTTING FEET FIRST

## **Become a member of Diabetes UK**

[www.diabetes.org.uk/membership](http://www.diabetes.org.uk/membership) or call 0845 123 2399

## **Get involved with our work and help improve services**

[www.diabetes.org.uk/get-involved](http://www.diabetes.org.uk/get-involved)

## **For advice and support call our Careline**

0845 120 2960



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