



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 have your feet screened every year.

Your foot screening has shown that you do not have nerve or blood vessel damage at present and so you are currently at low risk of developing foot complications because of your diabetes.

Controlling your diabetes, cholesterol and blood pressure, and having your feet screened every year by a general practitioner or diabetic nurse, will help to reduce the risk of developing problems with your feet.

### **If you smoke, you are strongly advised to stop.**

As your feet are in good condition, you may not need regular podiatry treatment.

If you follow the simple advice in this leaflet, you should be able to carry out your own foot care unless you develop a specific problem.

## **Advice to 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.

### **Wash your feet every day**

You should wash your feet every day in warm water and 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.

### **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 your 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, stocking 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 your shoes before putting them on to make sure that 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 professional who screened your feet may give you advice about the shoes you are wearing and about buying new shoes.

### **Minor cuts and blisters**

If you check your feet and discover any breaks in the skin, minor cuts or blisters, you should cover them with a sterile dressing and check them every day. Do **not** burst blisters. If the problems do not heal within a few days, or if you notice any signs of infection (swelling, heat, redness or pain), contact your general practitioner.

### **Over-the-counter corn remedies**

Do not use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can cause damage to the skin that can create problems.

