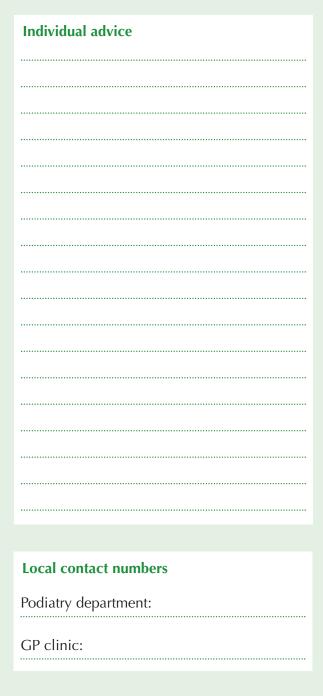
If you discover any problems with your feet, contact your general practitioner for advice.



Procuced by the Scottish Diabetes Group – Foot Action Group

Low risk for foot ulcers

Diabetes information and advice leaflet





Check your shoes

fallen in. that no small objects such as small stones have Also, run your hand inside each shoe to check as a pin, nail or glass has pierced the outer sole. them on to make sure that nothing sharp such Check the bottom of your shoes before putting

Badly-fitting shoes

buying new shoes. about the shoes you are wearing and about who screened your feet may give you advice irritation or damage to feet. The professional Badly-fitting shoes are a common cause of

Minor cuts and blisters

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

Over-the-counter corn remedies

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

feet healthy Advice to keeping your

infection such as swelling, heat or redness. ters, breaks in the skin, pain or any signs of You should check your feet every day for any blis-Check your feet every day

Wash your feet every day

damage your skin. tween the toes. Do not soak your teet as this can thoroughly and dry them carefully, especially bewater and with a mild soap. Rinse them You should wash your feet every day in warm

Moisturise your feet every day

every day, avoiding the areas between your toes. If your skin is dry, apply a moisturising cream

Toenails

of nail which could result in an ingrown toenail. the sides of your nails as you may create a 'spike' could press into the next toe. Do not cut down make sure that there are no sharp edges which curve of the end of your toe. Use a nail file to Cut or file your toenails regularly, following the

Socks, stockings and tights

the tops should not be elasticated. every day. They should not have bulky seams and You should change your socks, stocking or tights

Avoid walking barefoot

which can damage the skin. stubbing your toes and standing on sharp objects If you walk barefoot you risk injuring your feet by

> This can affect: supplying your feet are damaged. can occur because the nerves and blood vessels cause foot problems. Some of these problems Diabetes is a lifelong condition which can

the feeling in your feet (peripheral

 the circulation in your feet (ischaemia) neuropathy); and

you have your feet screened every year.

may not notice them. This is why it is essential These changes can be very gradual and you

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

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

advised to stop. If you smoke, you are strongly

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

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