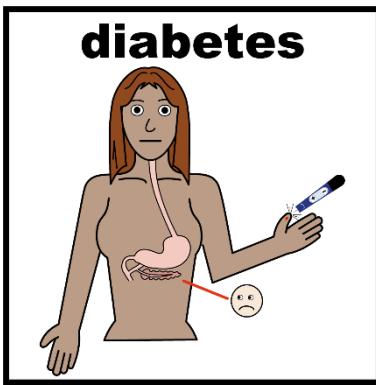


Easy Read

You Have High Risk Feet

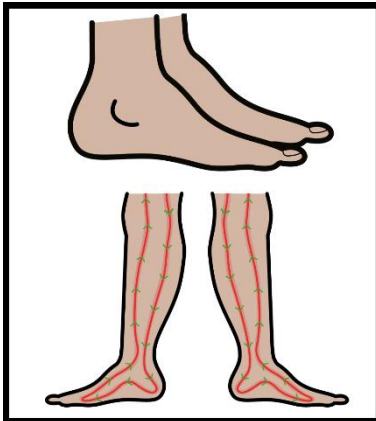
Information leaflet





You have been given this leaflet because you have diabetes.

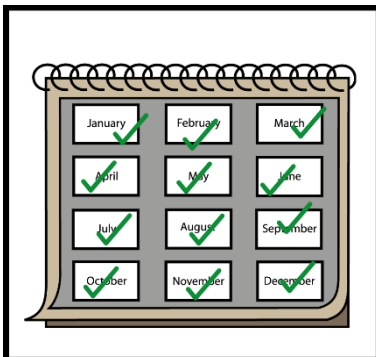
Diabetes can cause foot problems.



Diabetes can affect:

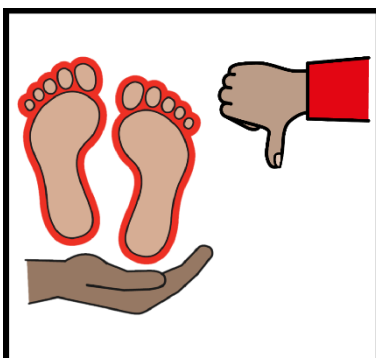
- The feeling in your feet

- The circulation, or blood flow, in your feet



You might not notice the changes in your feet.

It is very important you have your feet checked every year.

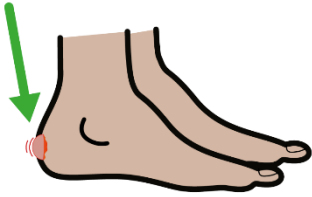


Your foot screening has shown there is a high risk that you will develop foot ulcers.

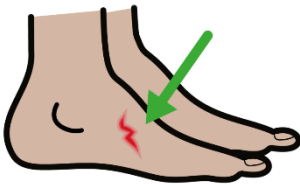
You are at high risk of getting foot complications.

To keep your feet healthy, do the following...

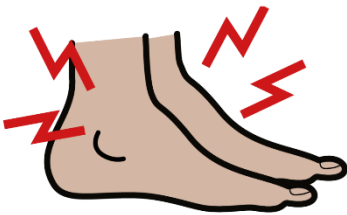
blister



cut on foot



pain in feet



swelling redness



Check your feet every day. Check for:

- Any blisters
- Cuts on the skin
- Pain
- Signs of infection like swelling, heat, or redness



help

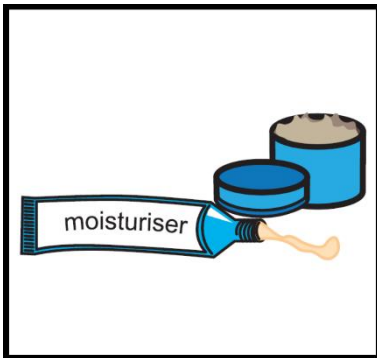
Ask someone to help you if you cannot do this yourself.

Wash your feet every day...



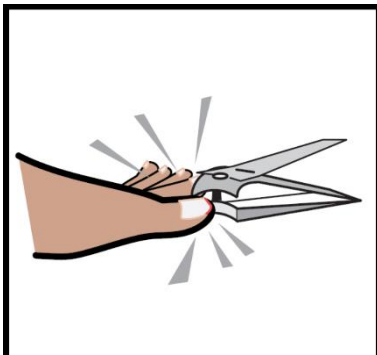
- Make sure the water is not too hot. Test it with your elbow first.
- Wash your feet in warm water with a mild soap.
- Rinse your feet.
- Dry your feet carefully.
- Do not soak your feet as this can damage the skin.

Moisturise your feet every day...



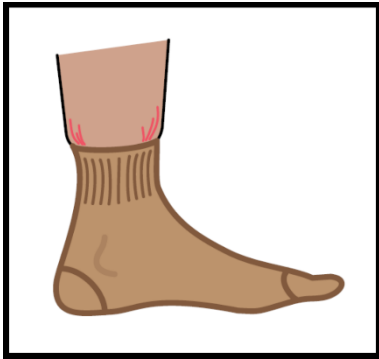
If your skin is dry use a moisturising cream every day, but not between your toes.

Cut or file your nails regularly...



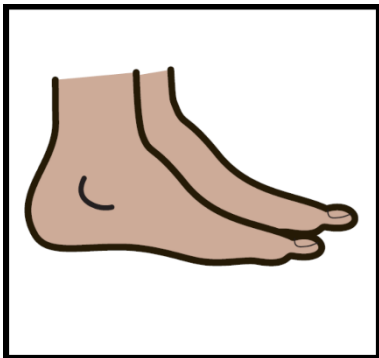
- Use a file to make sure there are no sharp edges.
- Do not cut down the sides of your nails.

Socks, stockings and tights...



- Change your socks, stockings or tights every day.
- Do not wear socks with big seams or elastic tops.

Avoid walking barefoot...



You could hurt your feet by stubbing your toe or standing on sharp objects.

Check your shoes...



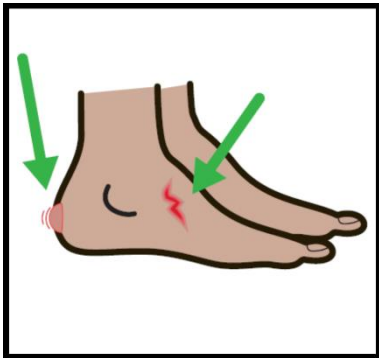
- Check the bottom of your shoe to make sure there is nothing sharp stuck in it.
- Check inside the shoe with your hand to make sure there is nothing inside, like a stone.

Badly fitting shoes...



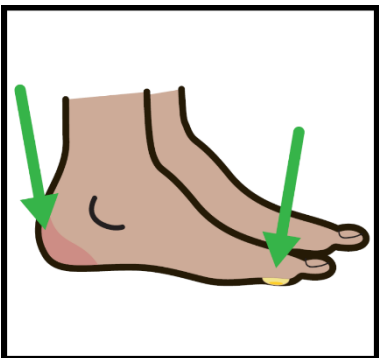
The podiatrist will give you advice about the shoes you are wearing and buying new shoes so they do not damage your feet.

Minor cuts and blisters...



- If you find any cuts or blisters on your feet you need to cover them with a sterile dressing and check them every day.
- Do not burst blisters.
- If the problem does not get better, contact your podiatrist.

Hard skin and corns...



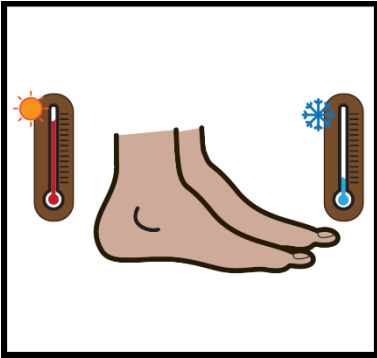
- Do not try to remove hard skin or corns yourself.
- Your podiatrist will provide treatment or advice.

Over-the-counter corn remedies...



People with diabetes should not use over-the-counter corn remedies as they can damage the skin.

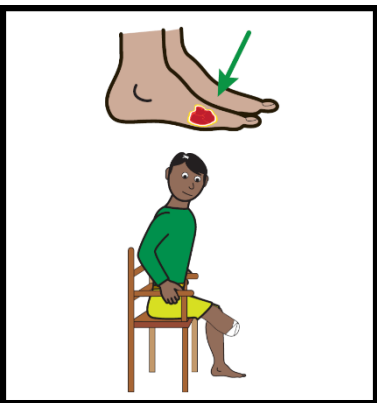
Avoid high or low temperatures...



- Wear socks if your feet are cold.
- Don't sit with your feet in front of the fire to warm them up.
- Take hot water bottles or heating pads out of your bed before you get in.

If you discover any problems with your feet, contact your local GP for advice.

A history of ulcers / amputation....



If you have had an ulcer before or an amputation you are at high risk of getting more ulcers.

If you look after your feet carefully with the help of a podiatrist you will cut the risk of more problems.

Useful Contacts

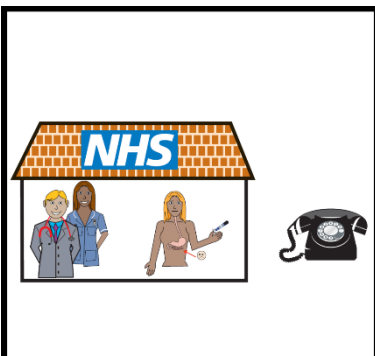


Leeds Community Podiatry Service

Call: 0113 8430730

Email:

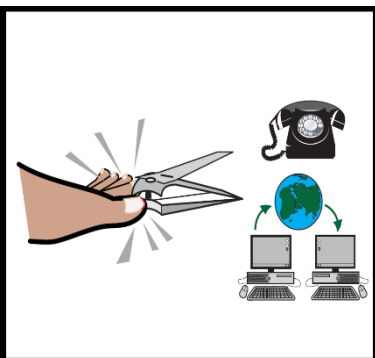
leedscommunitypodiatry@nhs.net



St James University Hospital

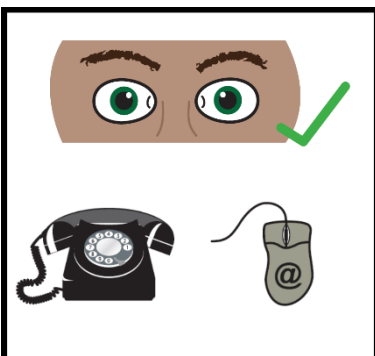
Diabetes Department

Phone: 0113 206 5066



Society of Chiropodist and
Podiatrists

Phone: 020 7234 8620



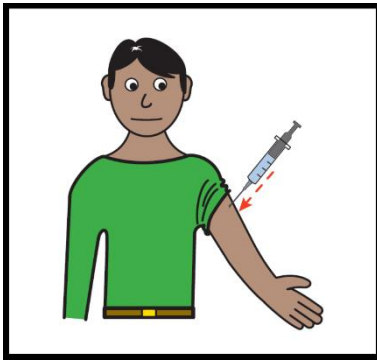
Diabetic Eye Screening is very
important.

If you have missed it this year then
you can contact them either by

Phone: 01924 541217

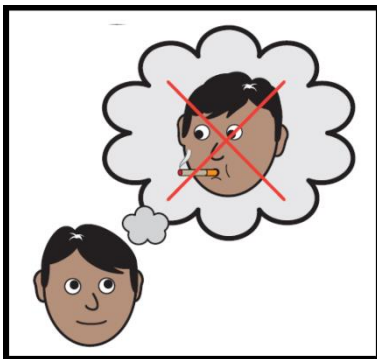
Email:

WAKCCG.retinalscreening@nhs.net



Having your annual flu jab is very important.

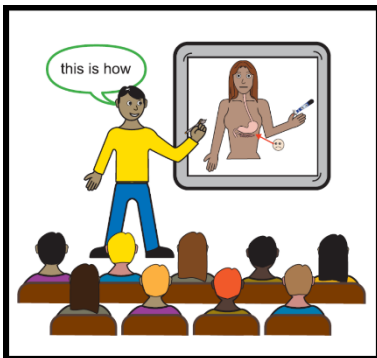
Ask your doctor, nurses or pharmacist for further details.



Smoking affects your circulation and could lead to amputation. If you want to stop you can, please just ask.

Phone: 0800 169 4219

Website: www.oneyouleeds.co.uk/be-smoke-free/

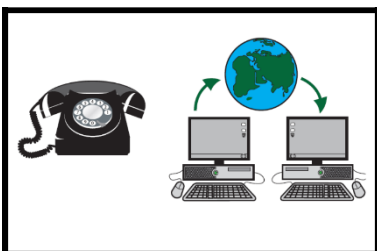


Do you want to increase your skills, knowledge and confidence in managing diabetes?

For Type 2 Diabetes (LEEDS Course)

Phone: 0113 843 4200

Email: lch.leedsprogramme@nhs.net



For Type 1 Diabetes (DAFNE Course)

Phone: 0113 206 5014

Website: www.dafne.uk.com