

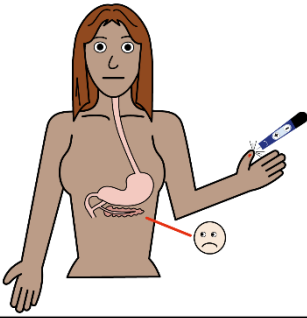
Easy Read

# You Have Medium Risk Feet

Information leaflet

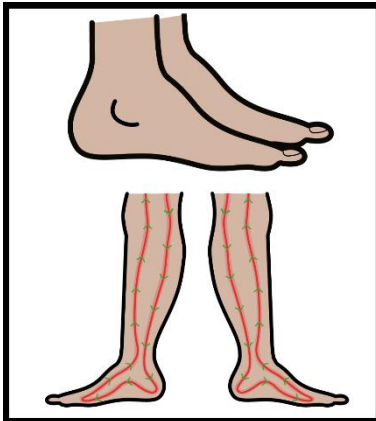


## diabetes



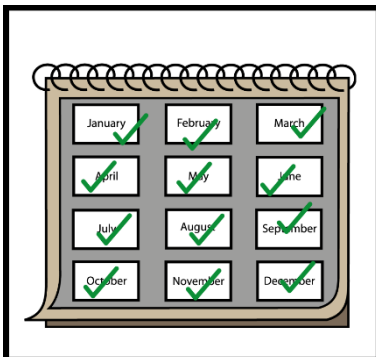
You have been given this leaflet because you have diabetes.

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.

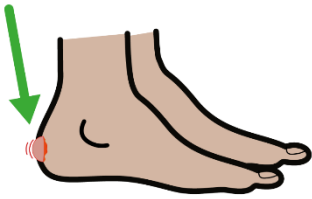


Your foot screening has shown there is a medium risk that you might get foot ulcers.

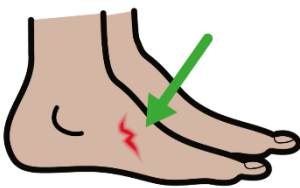
**You are at medium risk of getting foot complications.**

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

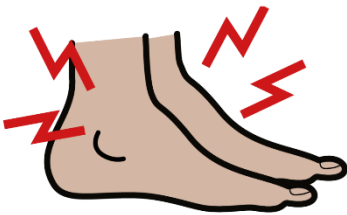
**blisters**



**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

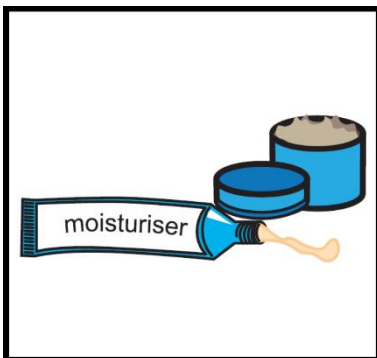
Ask someone to help you if you cannot do this yourself.

## Wash your feet every day...



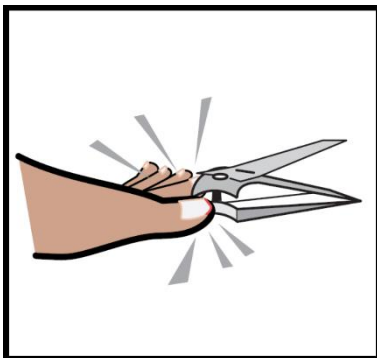
- Make sure the water is not too hot. Test it with your elbow first.
- Wash your feet in warm water with a mild soap.
- Rinse your feet.
- Dry your feet carefully.
- Do not soak your feet as this can damage the skin.

## Moisturise your feet every day...



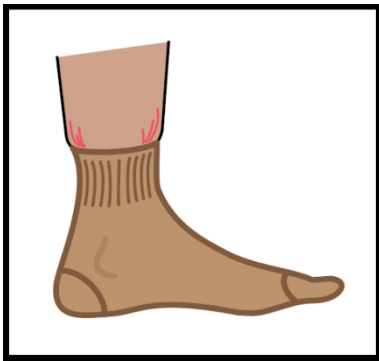
If your skin is dry use a moisturising cream every day, but not between your toes.

## Cut or file your nails regularly...



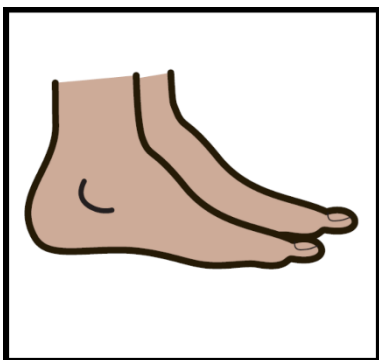
- Use a file to make sure there are no sharp edges.
- Do not cut down the sides of your nails.

## 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...



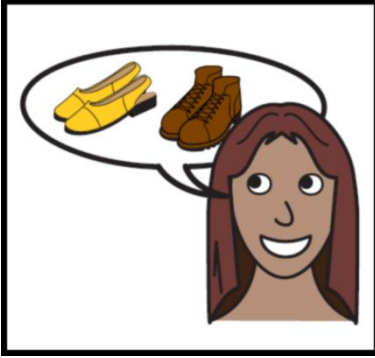
You could hurt your feet by stubbing your toe or standing on sharp objects.

## Check your shoes...



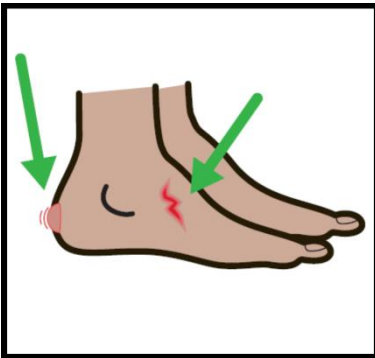
- Check the bottom of your shoe to make sure there is nothing sharp stuck in it.
- Check inside the shoe with your hand to make sure there is nothing inside, like a stone.

## Badly fitting shoes...



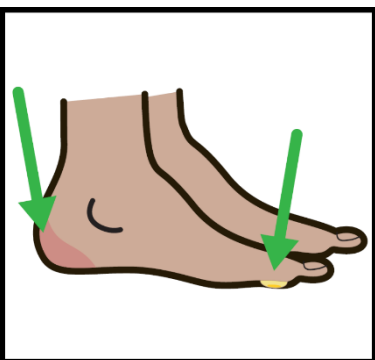
The podiatrist will give you advice about the shoes you are wearing and buying new shoes so they do not damage your feet.

## 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...



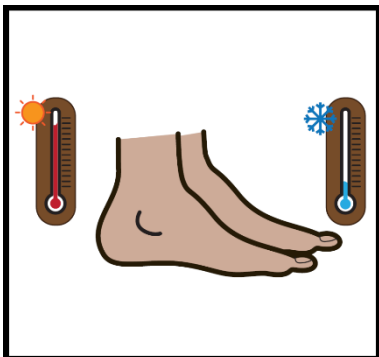
- Do not try to remove hard skin or corns yourself.
- Your podiatrist will provide treatment or advice.

## 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 GP for advice.

## Useful Contacts

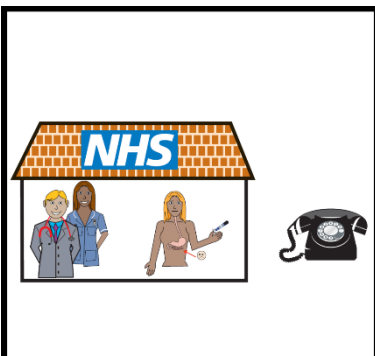


Leeds Community Podiatry Service

**Call:** 0113 8430730

**Email:**

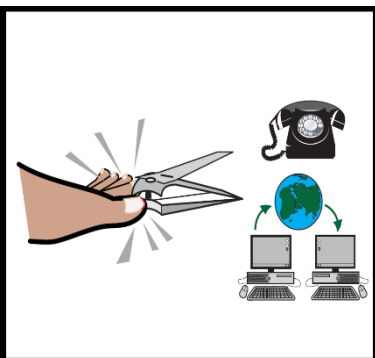
[leedscommunitypodiatry@nhs.net](mailto:leedscommunitypodiatry@nhs.net)



St James University Hospital

Diabetes Department

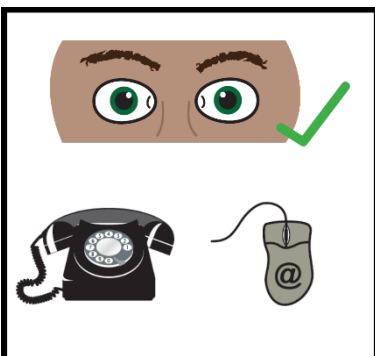
**Phone:** 0113 206 5066



Society of Chiropodist and

Podiatrists

**Phone:** 020 7234 8620



Diabetic Eye Screening is very important.

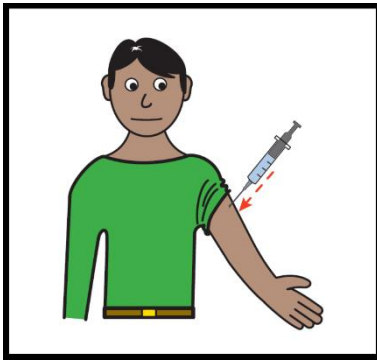
If you have missed it this year then you can contact them either by

**Phone:** 01924 541217

**Email:**

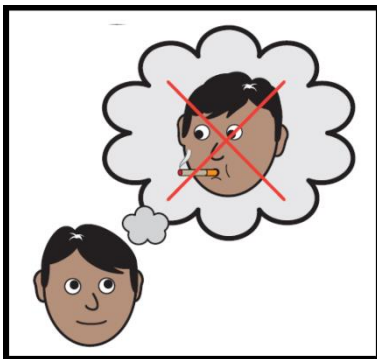
[WAKCCG.retinalscreening@nhs.net](mailto:WAKCCG.retinalscreening@nhs.net)





Having your annual flu jab is very important.

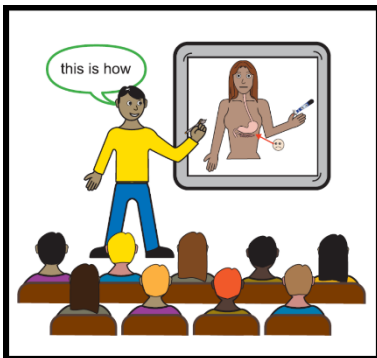
Ask your doctor, nurses or pharmacist for further details.



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/](http://www.oneyouleeds.co.uk/be-smoke-free/)

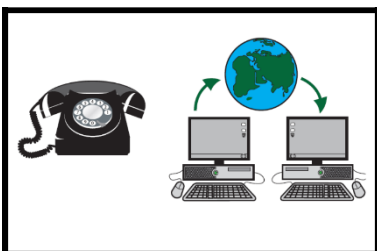


Do you want to increase your skills, knowledge and confidence in managing diabetes?

**For Type 2 Diabetes (LEEDS Course)**

**Phone:** 0113 843 4200

**Email:** [lch.leedsprogramme@nhs.net](mailto:lch.leedsprogramme@nhs.net)



**For Type 1 Diabetes (DAFNE Course)**

**Phone:** 0113 206 5014

**Website:** [www.dafne.uk.com](http://www.dafne.uk.com)