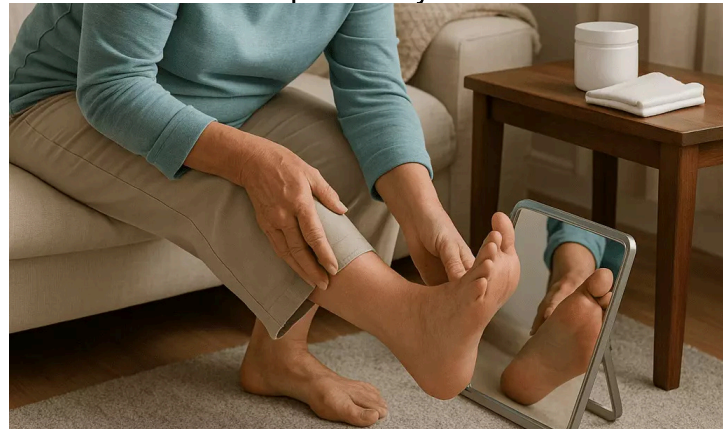


Foot Care for People with Diabetes

Good foot care is essential for people living with diabetes. Diabetes can damage foot nerves, reduce blood flow, and weaken the immune system, increasing the risk of injuries, infections, ulcers, and, in severe cases, gangrene.

*Expert tip: use a mirror to see the difficult parts of your feet.



Taking care of your feet

1. Check your feet every day
2. Keep feet clean and moisturised
3. Wear properly fitting footwear
4. Attend annual foot checks

These are the things you are looking for:

Skin

Look for changes in your skin – redness, darkening, or colour changes may be early signs of infection or poor blood flow.



Check for breaks or sores – cuts, ulcers, or wet areas can let infection start and may not heal properly. White or yellow moisture, bleeding or odour may be signs of infection.



Care for dry or hard skin – cracked or flaky skin can allow infection to develop and cause painful callus build-up.



Toenails

Toenail fungal infection causes the nail to darken and flake or become distorted and sharp which can cause cuts on surrounding skin.



Ingrown toenails create opportunity for infection, they can be caused by cutting the nail too short or wearing shoes that are too tight.



Long pointed toenails can be sharp and cause cuts to the surrounding skin.



General

Temperature changes, infection may cause warm spots, poor blood flow may cause cold spots.



Changes in feeling, numbness, burning or tingling may be caused by nerve damage.



Swelling or deformity may be a sign of infection.



Scan here



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ACT NOW! If you have or notice any of the above call your GP Practice and book an appointment.