

Byw gyda **Diabeteg**?

Pryd wnaeth rhywun edrych ar eich traed ddiwethaf?



Gellir atal **85%** o'r holl achosion o dorri coesau a breichiau ymhlith pobl sy'n byw gyda diabetes.

Mae'n bwysig iawn bod rhywun yn **edrych ar eich traed o leiaf unwaith y flwyddyn.**

Gall dod o hyd i broblemau'n gynnar atal cymhlethdodau.

Neb wedi edrych arnynt? Ffoniwch eich Practis **Meddyg Teulu.**

Rhowch eich traed gyntaf



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Living with **Diabetes**?

When did you last get your feet checked?



85% of amputations for people living with diabetes are preventable.

It is very important to **have your feet checked at least once a year.**

Early detection of issues prevents complications.

Not had one? Call your GP Practice and **book an appointment.**

Put your feet first