

## How often will my doctor check my feet?

Your doctor or nurse should check your feet at least once a year when you go in for a visit. If you are having any problems, such as numbness, sores or ingrown toenails, tell your doctor or nurse right away.

*Monofilament Test Being Done*



*Checking Pulses*



For those with high risk foot – if blood supply to feet is less, feet are numb and they have had foot ulcers or an amputation before- more care is needed and you will be followed up regularly at a High Risk Foot Clinic or nearest health centre.



## AMPUTATIONS CAN BE AVOIDED This does not have to be you!



## UNDERSTAND DIABETES & TAKE CONTROL

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[www.health.gov.fj/diabetes](http://www.health.gov.fj/diabetes)

Contact your nearest health centre for  
more information today.

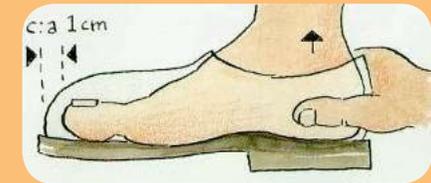
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NATIONAL DIABETES CENTRE

# looking after your Feet in Diabetes



01/2011

*We Care for Diabetes  
- Are YOU at Risk?*

## How does diabetes affect my body?

High blood sugar levels can damage the blood vessels and nerves in your body.

Damage to your nerves means that you may have burning pain or lose feeling in a part of your body (this is called diabetic neuropathy).



Damage to the blood vessels may mean that some areas of your body (usually the feet) may not be getting a good supply of blood.

## Why do I have to worry more about my feet?

People who have diabetes often have trouble with their feet. Part of the problem is that the loss of feeling in your feet. If little sores aren't taken care of, they can get worse and turn into ulcers (serious, deep sores).

## How can I avoid problems with my feet?

**Keep your blood sugar as close to normal as possible by taking all your medicines. Also, follow your doctor's advice on diet and exercise.**

**Here are some other ways to protect your feet:**

- Wash your feet every day with lukewarm (not hot) water and mild soap.
- Dry your feet well, especially between the toes.
- Keep skin of feet smooth by applying a cream or coconut oil especially on the heels.
- Check your feet every day. Use a mirror.



- Call your doctor if you have redness, swelling, pain, numbness or tingling in any part of your foot.



- Don't treat calluses (areas of hard skin), corns or bunions on your own with razors etc.
- Cut toenails straight across to avoid ingrown toenails. File the edges of your toenails carefully.



- Don't let your feet get too hot or too cold. Never steam!

**NEVER GO BAREFOOT! Wear slippers inside**

## What should I look for when choosing shoes and socks?

- Avoid high-heeled shoes and shoes with pointed toes.



- Wear well-padded cotton or wool socks or stockings that are not too tight.
- Don't wear tight shoes that rub or cut into your feet. Shoes should be 1cm longer in front. you should be able to **WIGGLE YOUR TOES** in your shoes.



- Shop for new shoes at the end of the day when your feet are a little swollen.
- Choose shoes with adjustable velcro straps or lace with a firm counter heel.
- Break in new shoes slowly by wearing them for no more than an hour a day for several days.
- Look inside your shoes every day for things like gravel or torn linings. These things could rub against your feet and cause blisters or sores.
- Treat injuries with antiseptic cream and keep them covered with plaster.
- If injuries are not getting better, seek help immediately.

