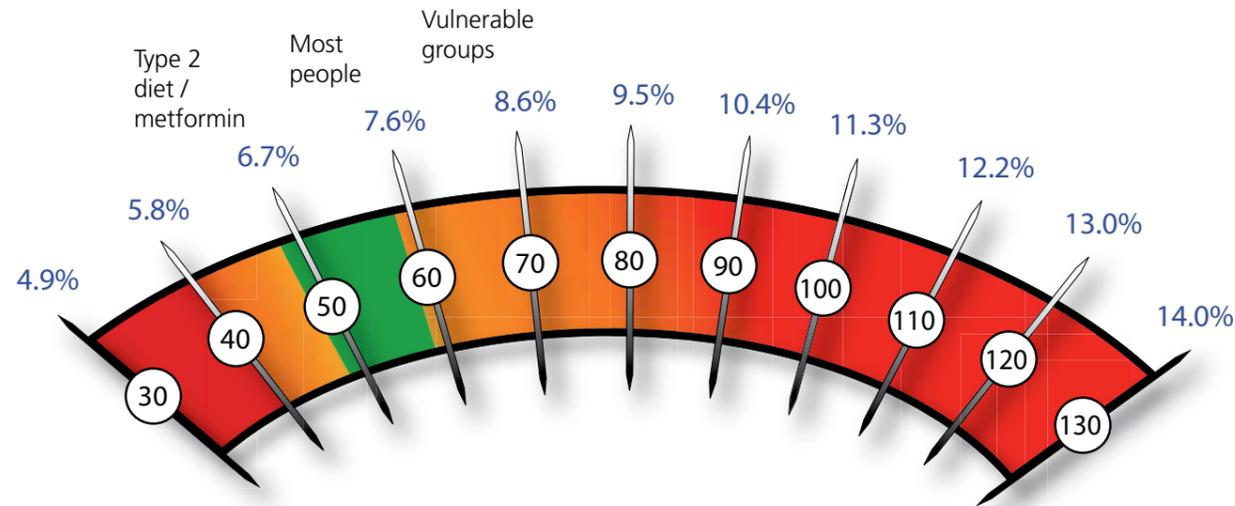


**Good diabetes control for:**



HbA1c is a measure of diabetes control. Since 2011 it's recorded as an actual number rather than a percentage (%). For example a value of 60 mmol/L is equivalent to 7.6%.

Reproduced with permission from Sheffield Teaching Hospitals NHS Trust.

Your recent results are:

	Latest	Date	Previous	Date	Further Information
<b>HbA1c</b>					Ideal to be between 53 to 58
<b>Blood Pressure</b>					Ideal if between 120/70 to 130/80
<b>Cholesterol</b>					Ideal if less than 4
<b>Eye screening</b>					Needs to be done at least once a year
<b>Urinary ACR (protein in urine)</b>					Best if negative
<b>Kidney Stage</b>					Ask your GP/Nurse
<b>Weight (kg)</b>					
<b>Body Mass Index (BMI)</b>					Good to aim between 18.5 to 24.9

Your next diabetes assessment will be due:

Month:  Year:

Your next actions are:

.....  
 .....  
 .....



You have  
**Low Risk Feet**

Diabetes information  
and advice leaflet

Emergency Action Plan  
**FOOT ATTACK?**

If your foot is red, swollen or if you have skin breakdown,  
**RING 07786250788 IMMEDIATELY.**  
If you are unable to get through,  
go to Accident and Emergency.

Diabetes is a lifelong condition which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged.

#### This can affect:

- the feeling in your feet (peripheral neuropathy); and/or
- the circulation in your feet (ischaemia).

These changes can be very gradual and you may not notice them. This is why it is essential you have your feet screened every year.

Your foot screening has shown that you do not have nerve or blood vessel damage at present and so you are currently at **low risk** of developing foot complications because of your diabetes.

Controlling your diabetes, cholesterol and blood pressure, and having your feet screened every year by a suitably-trained professional, will help to reduce the risk of developing problems with your feet.

As your feet are in good condition, you may not need regular podiatry treatment. If you follow the simple advice in this leaflet, you should be able to carry out your own foot care unless you develop a specific problem.

**If you smoke you are strongly advised to stop. Smoking affects your circulation and could lead to amputation.** If you wish to stop, Contact One You Leeds, ring 0800 169 4219. Check their website <http://oneyouleeds.co.uk/be-smoke-free/>

**Diabetic Retinal Screening is essential.** If you have missed it this year then you can contact them either by email [WAKCCG.retinalscreening@nhs.net](mailto:WAKCCG.retinalscreening@nhs.net) or by telephone 01924 541217.

Having your **annual flu jab** is essential. Ask your doctor, nurses or pharmacist for further details.

## Useful contacts

### Leeds Foot Protection Service

Phone: 0113 843 4541

Email: [leedsfoot.protectionservice@nhs.net](mailto:leedsfoot.protectionservice@nhs.net)  
(Allows self referral for non urgent problems).

### St James University Hospital Diabetes Department

Phone: 0113 206 5066 (St James University Hospital)

### Society of Chiropodist and Podiatrists

Phone: 020 7234 8620

Web: [www.feetforlife.org](http://www.feetforlife.org)

(Can provide free list of private registered podiatrist close to your place).

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

### For Type 2 Diabetes (LEEDS Course)

Phone: 0113 843 4200

Email: [longtermcondition@nhs.net](mailto:longtermcondition@nhs.net)

### For Type 1 Diabetes (DAFNE Course)

Phone: 0113 206 5068

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

## Advice on keeping your feet healthy

### Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness. If you cannot do this yourself, ask your partner or carer to help you.

### Wash your feet every day

You should test the temperature of the water with your elbow, or ask someone else to test the temperature for you. You should wash your feet every day in warm water and with a mild soap. Rinse your feet thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this may damage your skin. Do not use heat pads directly on skin.

### Moisturise your feet every day

If your skin is dry, apply a moisturising cream every day, avoiding the areas between your toes.

### Toenails

Cut or file your toenails regularly, following the curve of the end of your toe. Use a nail file to make sure that there are no sharp edges which could press into the next toe. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail.

### Socks, stockings and tights

You should change your socks, stocking or tights every day. They should not have bulky seams and the tops should not be elasticated.

### Avoid walking barefoot

If you walk barefoot you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin.

### Check your shoes

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

### Badly-fitting shoes

Badly-fitting shoes are a big cause of irritation or damage to feet. The professional who screened your feet may give you advice about the shoes you are wearing and about buying new shoes.

### Minor cuts and blisters

If you check your feet and discover any breaks in the skin, minor cuts or blisters, you should cover them with a sterile dressing and check them every day. Do **not** burst blisters. If the problems do not heal within a few days, or if you notice any signs of infection (swelling, heat, redness or pain), contact The Leeds Foot Protection Service (contact number over the page) or your GP immediately. If these people are not available and there is no sign of healing after one day, go to your local accident and emergency department.

### Over-the-counter corn remedies

Do not use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can cause damage to the skin that can create problems.

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