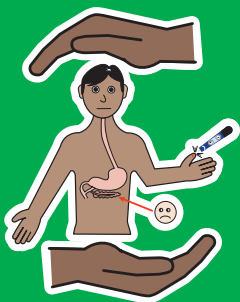




# You have low risk feet



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**



**Emergency Department**

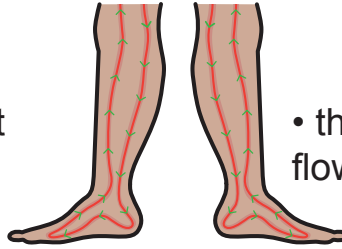
If you are unable to get through consider contacting Out of Hours service or Accident and Emergency.

# Diabetes can cause foot problems.

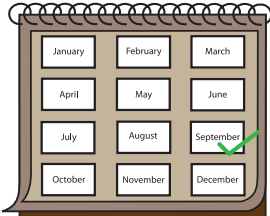
## It can affect:



- the feeling in your feet



- the circulation, or blood flow, in your feet



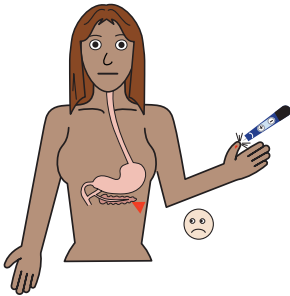
You might not notice the changes in your feet.  
It is very important you have your feet checked every year.



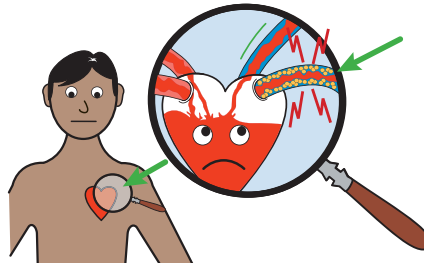
Your foot screening has shown you do not have any nerve or blood vessel damage at the moment. You are at low risk of getting foot complications because of your diabetes.

Your feet are in good condition so you may not need regular podiatry treatment. You can help stop feet problems by good control of your

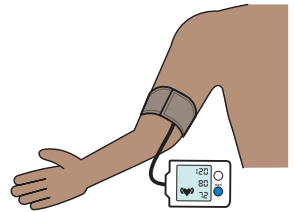
diabetes



cholesterol



blood pressure



If you smoke, you are strongly advised to stop.

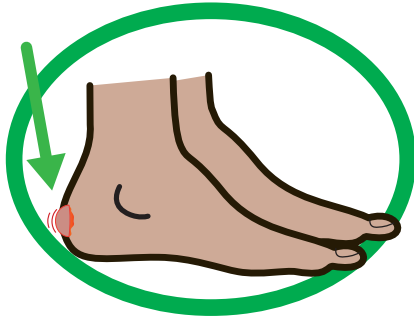


Doing what this leaflet says will help you take care of your feet.

## To keep your feet healthy

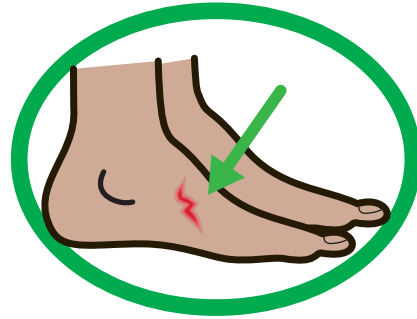
### Check your feet every day

check for any blisters,



pain

breaks in the skin



signs of infection like



swelling, heat, redness



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

### Wash your feet everyday



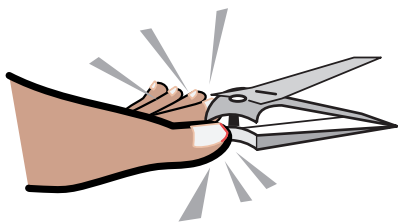
- Make sure the water is not too hot. Test it with your elbow or ask someone else to.
- Wash your feet in warm water with a mild soap.
- Rinse your feet.
- Dry your feet carefully.
- Do not soak your feet as this can damage the skin.
- Do not use heat pads directly on skin.

## Moisturise your feet every day



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

## Toenails



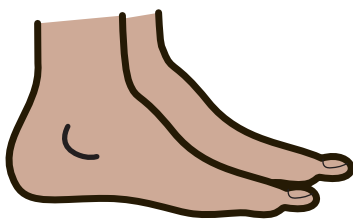
- Cut or file your nails regularly following the curve of the end of your toe.
- Use a file to make sure there are no sharp edges.
- Do not cut down the sides of your nails – this can cause an ingrown toenail.

## 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



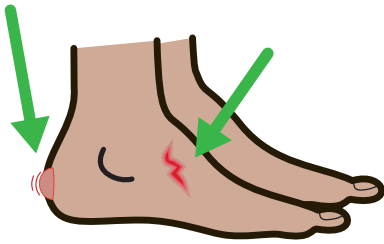
- Check the bottom of your shoe to make sure there is nothing sharp stuck in it, like a
  - pin
  - nail
  - piece of glass
- Check inside the shoe with your hand to make sure there is nothing inside, like a stone

## Badly-fitting shoes



The person who looked at your feet will be able to 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 when you check 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 you should contact your podiatry department or doctor.

## Over-the-counter corn remedies



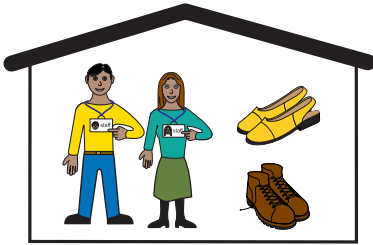
People with diabetes should not use over-the-counter corn remedies as they can damage the skin.

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



# Useful contacts

## Leeds Foot Protection Service

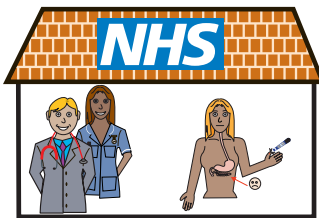


Phone: **0113 843 4541**



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

## St James University Hospital

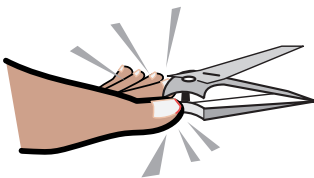


Diabetes Department



Phone: **0113 206 5066**

## Society of Chiropodist and Podiatrists



Phone: **020 7234 8620**



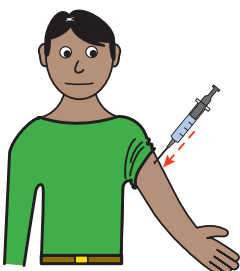
Web: **[www.feetforlife.org](http://www.feetforlife.org)**  
(Can provide free list of private registered podiatrist closeto your place).



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

## Do you smoke?



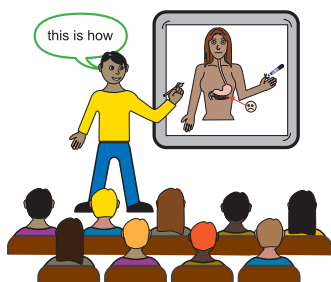
Smoking affects your circulation and could lead to amputation. If you wish to stop you can, please just ask.



One of the best ways is with  
One You Leeds, - ring **0800 169 4219**.



Check their 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: **[longtermcondition@nhs.net](mailto:longtermcondition@nhs.net)**

## For Type 1 Diabetes (DAFNE Course)



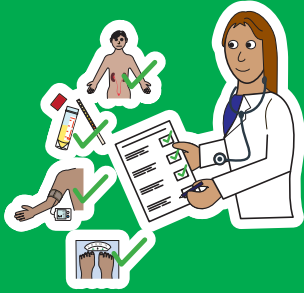
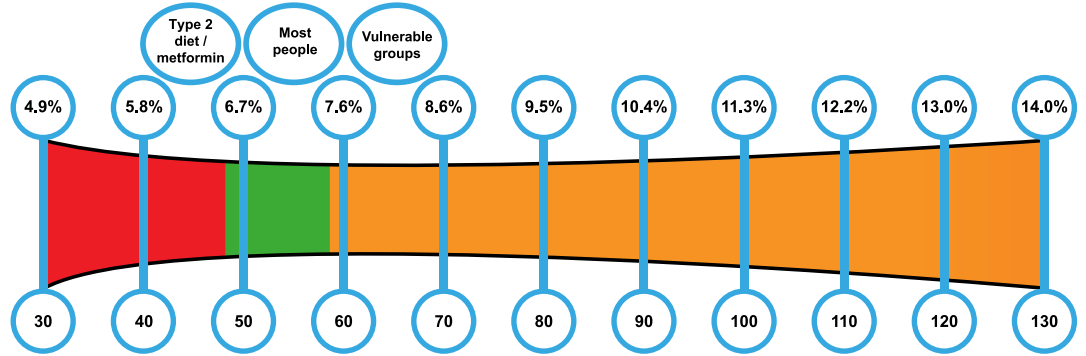
Phone: **0113 206 5014**



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

# HbA1c as a measure of diabetes control

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%.



## Your recent results are:

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

## Your next diabetes assessment will be due:

Month: \_\_\_\_\_ Year: \_\_\_\_\_

## Your next actions are:

.....

.....

.....

.....