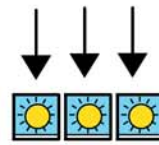




Feet



Patients with diabetes develop foot ulcers and numb feet.



It is important to examine your feet regularly.



You must treat foot injuries promptly.



Check inside shoes for seams that may cause blisters.



It is important to get advice about your feet.



When was the last time you had your feet checked?



Feet



During a lifetime your feet may walk the equivalent of four times around the world! To ensure they continue their trip through life without complaint it pays to look after your feet!

People suffering from diabetes can often experience loss of sensation in their feet. Even the smallest injury can lead to infection which if not treated promptly may lead to serious complications.



It is important that you examine your feet regularly. You should also feel inside all shoes for any seams or stitching which could rub the foot and lead to problems. It is imperative that you receive regular foot advice or treatment.



Foot Problems

15% of patients with diabetes will develop foot ulcers due to nerve damage and reduced blood flow.



Foot ulcers precede 85% of amputations in people with diabetes. Foot ulcers are the commonest cause of amputation in the UK.

Liverpool Diabetes Clinic implemented a foot protection programme

When patients with diabetes and foot deformities attended weekly clinics with a trained podiatrist and foot education, it was found that at 2 years ulceration was reduced to 2.4% compared with 3.5% and amputation was reduced by 3 fold.



When was the last time you had your feet checked?