



STEPS TO PREVENT FOOT ULCERATION

There are some steps you can follow to keep your feet safe and prevent foot ulceration:

1 CHECK YOUR BLOOD SUGAR LEVEL

Checking that your blood glucose is within the normal range throughout the day is the first step to prevent ulceration. Keeping your blood glucose within target will help prevent damage to your feet and can stop things getting worse.

2 FOOT CARE

Wash your feet daily in lukewarm water and dry them properly. Don't forget to dry between your toes. Use moisturising cream if you have dry skin but don't apply this cream between your toes or it may make the skin too moist.

3 FOOTWEAR

- Avoid walking around barefoot, in socks, or in thin-soled standard slippers
- Do not wear tight or knee-high socks.
- Wear properly fitting footwear: not too tight or too loose. The inside of the shoe should be 1-2 cm longer than the foot, allowing room for foot to breathe. The internal width should equal the width of the widest part of the foot, and the height should allow enough room for all the toes. Avoid shoes that are too small or pointed at the ends.
- Examine your shoes, socks and stockings for damage each time before putting them on. Cracks, small stones and nails can irritate and damage your skin.

4 FOOT CHECK

Check your feet every day for cuts and wounds. Whether you're about to put your socks on, or you're taking them off before bed, have a good look. Any changes, and you should see a healthcare professional straight away.

If you struggle to lift your feet up, then you might want to use a mirror to see the soles of your feet. If this is too hard, try to get someone else to check your feet for you. You can also ask your nurse or healthcare professional to check them for you during your regular checkups.

ALARM SIGNS

Go to your doctor straight away if you notice anything unusual or worrying during your foot check, such as:

**AN ULCER,
A SCRATCH,
A CUT,
A BLISTER,
SWELLING,
REDNESS
OR FEEL PAIN.**

THE ANNUAL FOOT CHECK

Everyone with diabetes should have a foot check at least once a year that's arranged by their GP practice.

If you've not had your foot check this year, ask your GP or nurse for one. Here is your checklist to make sure you keep your feet safe*:

- I got my foot checked by my GP/nurse in the past 12 months
- A healthcare professional has evaluated my level of risk
- I know when I have to get my feet checked again by a healthcare professional
- I feel confident with my level of knowledge regarding foot ulceration and how to prevent it