

Over-the-counter remedies

Never use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can damage the skin and create ulcers.

Avoid high or low temperatures

If your feet are cold, wear socks. Never sit with your feet in front of the fire to warm them up. Always remove hot water bottles or heating pads before getting into bed.

Appointments

It is important that you attend all of your appointments with the Foot Protection Team or specialist podiatrist, as well as your other regular diabetes appointments. This will reduce the risk of problems developing.

If you have any concerns or discover any problems with your feet, contact your local Podiatry Department, Foot Protection Team or GP for advice immediately.

Individual advice

Your next assessment is due:

Month: 20

Local contact numbers

Podiatry Department:

GP Clinic:

Moderate risk feet

Diabetes – information and advice to help protect your life and limbs



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

This can affect:

- The circulation in your feet (ischaemia)
- The feeling in your feet (peripheral neuropathy).

These changes can be very gradual and you may not notice them. This is why we recommend that you receive regular podiatry appointments which will include a review of your risk factors. You can then agree a treatment plan to suit your needs.

Your assessment has shown that there is a moderate risk that you will develop foot problems, including ulcers. You have the following risk factor.

Your health-care professional will tick which of the following risk factors you have.

- You have lost some feeling in your feet
or
 The circulation in your feet is reduced.

Foot ulcers are breaks in the skin that struggle to heal. The development of foot ulcers in people with diabetes is serious as they are linked to an increased risk of heart attacks, strokes and amputations of the foot or leg.

Controlling your diabetes, cholesterol and blood pressure, quitting smoking, increasing cardiovascular exercise and controlling weight helps to reduce the risk of these life and limb threatening problems.

Note: You may be at further risk of cardiovascular problems if you have a family history of heart disease.

As your feet are at moderate risk of developing ulcers, you will need to take extra care of them. You may need treatment by a podiatrist.

If you follow the advice and information in this leaflet, it will help you take care of your feet between visits to your podiatrist. Hopefully it will help to reduce the problems in the future.

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 someone to help you.

Wash your feet every day

You should wash your feet every day in warm water and with a mild soap. Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin. Because of your condition, you may not be able to feel hot and cold very well. You should test the temperature of the water with your elbow, or ask someone else to test the temperature for you.

Moisturise your feet every day

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

Toenails

If you have been advised it is safe, 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 and tights

You should change your socks 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 common cause of irritation or damage to feet. The podiatrist who screened your feet may give you advice about the shoes you are wearing and about buying new shoes. If appropriate, the podiatrist may refer you to a footwear specialist.

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Minor cuts and blisters

If you check your feet and discover any breaks in the skin, or minor cuts or blisters, cover them with a sterile dressing. Do not burst blisters. Contact your Podiatry Department or GP immediately (their contact numbers are on the next page).

Hard skin and corns

Do not try to remove hard skin or corns yourself. Your podiatrist will provide treatment and advice where necessary.