



Foot care for Diabetics

If you have diabetes you may also have problems with your feet



You may have less feeling in your feet and not be able to feel pain properly which can be dangerous.



You are more at risk of infection as the skin on your feet can crack or split and your feet may feel sore.



When you have diabetes your blood may not flow around your body to your feet properly, cracks and splits can take much longer to get better.

Looking after your diabetes and your feet



Keep your blood sugar at the correct level.



Take regular exercise.



Stop smoking.

Get to know your feet



Ask a friend/carer to check your feet for cracks and splits.

Follow a daily routine



Wash and dry your feet every day.



Remember to dry in between your toes.



Put moisturising cream on your feet.

Make sure your shoes fit



If you are not sure your shoes fit, ask a friend/carer to help you.

Remember cracks and splits on your feet can lead to infection.



Do not cut your toenails yourself.



Make sure your bath or shower water isn't too hot.



Never walk barefoot, always wear slippers at home.



Check there is nothing in your shoes before you put them on.

For more information contact your local NHS podiatry service
Podiatry means foot care.



www.hct.nhs.uk

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