STEPS TO HEALTHY FEET FOR PEOPLE WITH DIABETES
Take the first step towards healthy feet for life by **Putting Your Feet First.**

1. **MAKE SURE THAT YOU ATTEND YOUR ANNUAL FOOT REVIEW** (For 12 years old +) where your bare feet will be examined by an appropriately trained person.

2. **KNOW YOUR RISK**
   At the end of your annual foot review, you should be told your risk of developing foot problems and if you will be referred.

3. **ARE YOUR FEET AT INCREASED OR HIGH RISK?** If so, make sure you have been referred to a specialist for expert advice.

4. **CHECK YOUR FEET EVERY DAY** for any signs of redness, pain, damage to the skin, swelling or build up of hard skin. **Look for any changes in the shape of your feet.**

5. **BE AWARE OF ANY LOSS OF SENSATION IN YOUR FEET**
   Don’t go barefoot and avoid extremes of temperature if you think you have lost feeling in any part of your feet.

6. **TOUCH THE TOES TEST**
   Ask a family member or friend to assess the feeling in your toes by doing a quick, easy test at home.

7. **LOOK AFTER YOUR TOENAILS**
   Don’t cut down the sides of your nail as this could lead to ingrowing toenails. If you have any difficulty with your foot-care, ask to be put in touch with your local podiatrist (chiropodist).
   **Note:** you may have to pay for nail cutting service.

8. **AVOID USING CORN REMOVING PLASTERS OR BLADES** of any kind as these may damage your skin.

9. **ALWAYS WEAR WELL-FITTING SHOES** that protect and support your feet and whenever possible don’t wear shoes with bare feet.

10. **MAINTAIN GOOD GLUCOSE CONTROL**
    Good glucose control can prevent foot problems in the future by keeping the nerves and blood vessels that serve the feet healthy.

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**www.diabetes.org.uk/putting-feet-first**

If you have any concerns about your feet, it is important that you contact your diabetes healthcare team as soon as possible.

Keep useful numbers handy and know who to call at the first sign of any new problem with your feet.

For more information visit

**www.diabetes.org.uk/putting-feet-first**
Become a member of Diabetes UK
www.diabetes.org.uk/membership or call 0845 123 2399

Get involved with our work and help improve services
www.diabetes.org.uk/get-involved

For advice and support call our Careline
0845 120 2960