

## Diabetes

We can help you with advice and with hands-on treatment.

If you have diabetes, it's particularly important to look after your feet.

Diabetes can have a specific impact on your feet through 'peripheral vascular disease', which means problems with blood vessels in your feet.

Diabetes can also impact your feet through 'peripheral neuropathy', which involves a gradual loss of feeling in the feet.

If you have a problem with blood circulation, we can perform a Doppler assessment to check the circulation in your legs and feet.

If you have diabetes and you have trouble cutting your own nails, or you have corns, callouses or ingrown nails, you should have these treated by a podiatrist.

If you have diabetes you should:

- Check your feet every day, including in between your toes and around your heels
- Check for blisters, calluses and corns, cracked skin and anything that looks abnormal
- Choose your shoes carefully—make sure they fit well, are roomy, have a flexible sole and a soft upper, with either shoe laces or Velcro straps
- Avoid shoes with pointed toes, high heels, open toes and jandals
- Do not walk on hot sand at the beach if you have numb feet and be careful using heaters
- Avoid socks with tight elastic bands which may constrict circulation
- Wear in any new pairs of shoes slowly and check for pressure points
- Any sign of infection such as redness or swelling see your podiatrist or GP immediately