

Diabetes Information Sheet

Diabetes and your Feet

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Patient and carer information on how to look after your feet

Diabetes can have an effect on the blood and nerve supply, which can lead to complications in the leg and foot. This can slow down the healing process in the body and reduce the sensation to pain, temperature and pressure.

Not everyone will develop these problems, but ALL people with diabetes should follow the same rules of foot care to prevent problems developing.

Maintaining good blood sugar and weight control is very important, as is avoiding smoking.

- **Look at your feet daily**
- **Your Diabetes Team will advise if you need to see a State Registered Chiropodist (Podiatrist).**

- Keep your feet clean: wash and dry gently between the toes daily.
- Moisturise your feet with hand cream, or E45, but not between the toes.
- Cut your nails (softer after washing) according to the shape of your toes. Not too short. If you cannot cut your own then request a visit to a podiatrist (chiropodist).
- Do not dig down the sides of your toenails.
- Check your feet and shoes daily. Use a mirror if necessary, or ask your partner. You may not be aware of injury.
- Do not ignore even the slightest injury to your feet.
- Report any sores, swelling, cracks, corns, skin damage or changes in colour to your doctor, immediately.
- Avoid walking barefoot.
- Choose shoes that provide good support: broad, long and deep. Check that you can wriggle your toes inside your shoes. Trainers are a good choice.
- Try to buy shoes where you can have them fitted by a trained person.

- Wear new shoes for short periods of time to start with.
- Check your shoes regularly for ridges, sharp points or nails. Tip them up upside down before putting them on.
- Do not wear tight fitting socks or stockings. Choose ones without ridges, but if they have them wear them inside out. Change socks daily.
- Avoid extremes of temperature: very hot baths, sitting close to fires and hot water bottles.
- Do not treat corns yourself. See a podiatrist (chiropodist).
- Never use a surgical blade or corn remedies on your feet.

Contacts:

- **Diabetes nurse specialist** at MK hospital. 01908 243089
- **Diabetes UK** is at 10 Parkway, London, NW1 7AA
Tel: 020 7424 1000
- **Diabetes UK Careline** is a confidential information service
Tel: 0845 120 2960

You can find **Diabetes UK** on the internet at www.diabetes.org.uk