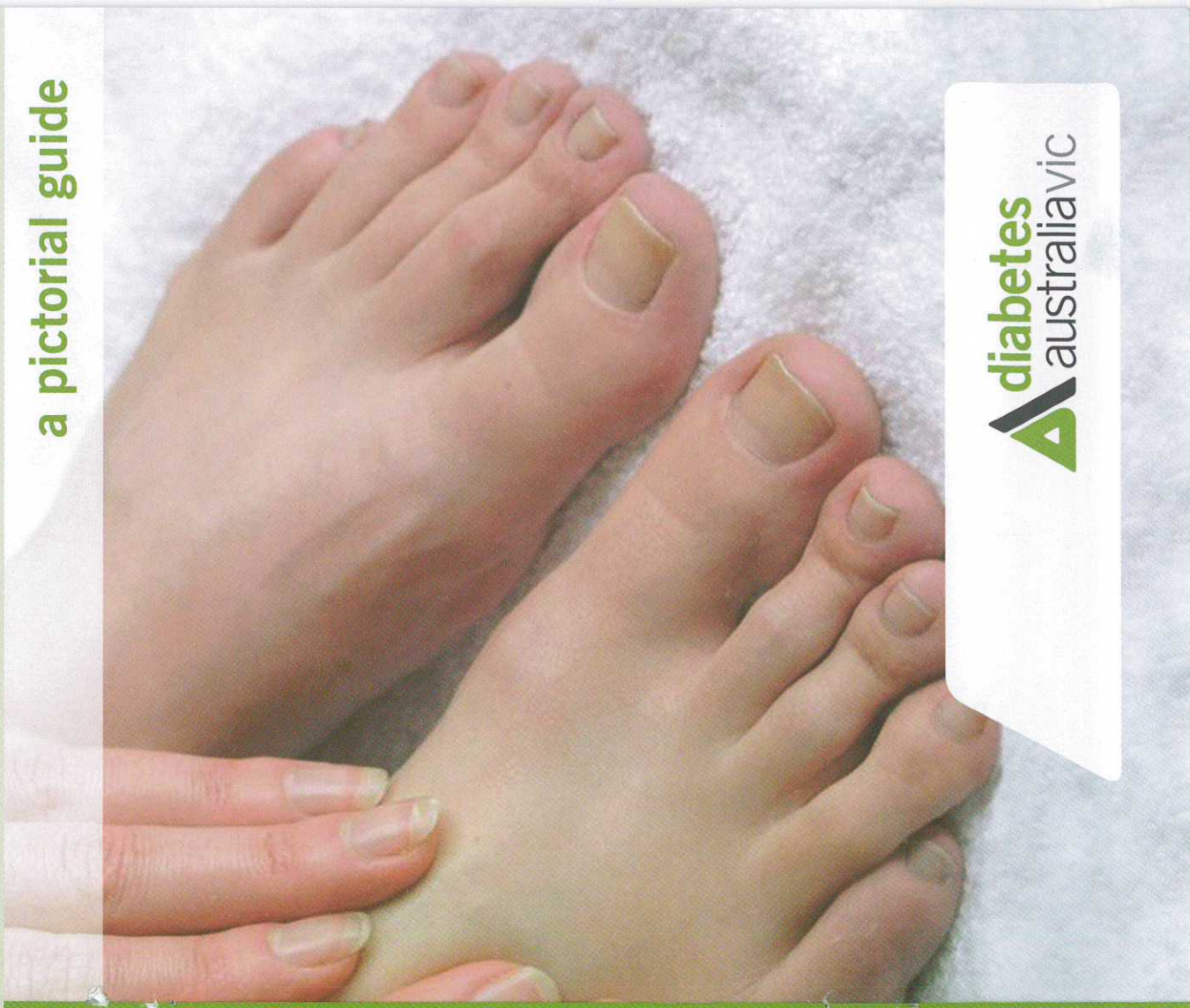


# My feet and diabetes

a pictorial guide



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## Step 5. Have my feet checked

During my visit the podiatrist will check:



- nerves and feeling in my feet



- blood supply and circulation
- skin problems
- nail problems
- foot function and shape
- footwear

The podiatrist will be able to advise my doctor and me of any problems and how these problems should be managed

Looking after your feet when you have diabetes is very important. This booklet shows you 5 steps for healthy feet. It is intended to be used with advice from your doctor, diabetes educator or podiatrist.

Diabetes Australia – Vic (DA–Vic) is the leading charity and peak consumer body representing people with diabetes in Victoria and providing vital support and information to the community about diabetes.

Diabetes Australia – Vic provides telephone advice and support. Call 1300 136 588 to talk to a dietitian or diabetes educator.

The Multilingual Infoline at DA–Vic connects callers with the help of an interpreter.

Arabic	عربي	9321 5428
Mandarin	普通話	9321 5436
Cantonese	廣東話	9321 5429
Greek	Ελληνικά	9321 5430
Italian	Italiano	9321 5431
Turkish	Türkçe	9321 5432
Vietnamese	Tiếng Việt	9321 5433
Macedonian	македонски	9321 5434
Spanish	español	9321 5435
Other languages		9321 5438

## Step 5. Have my feet checked

### Have my feet checked by a diabetes podiatrist



My doctor should refer me to a diabetes podiatrist at least every 12 months



My diabetes podiatrist will be able to:

- assess
- diagnose
- prevent, and
- manage

problems with my feet

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- Jane Tennant, Consultant Diabetes Podiatrist
- Austin Health, High Risk Foot Clinic
- Gadean Footwear Specialists



# Diabetes and feet

Having diabetes can cause problems with:

- the **nerves** in my feet
- the **blood circulation** in my feet
- **infection**



Having diabetes can increase my risk of foot ulcers and amputations

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## Step 4. Don't smoke

When you smoke:

- There is reduced blood flow to your feet. Your feet need a good blood flow to stay healthy
- Wounds heal slowly



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## Step 3. Protect my feet from injury



Buy shoes in the afternoon when my feet are larger



Always have my feet professionally measured



New shoes should feel comfortable straight away

## 5 steps towards healthy feet



**Step 1. Care for my feet**



**Step 2. Check my feet daily for changes or problems**



**Step 3. Protect my feet from injury**



**Step 4. Don't smoke**



**Step 5. Have my feet checked by a diabetes podiatrist**



## Step 1. Care for my feet

Wash and dry my feet daily



✓ Shower daily

+



✓ Towel dry my feet and dry between my toes

Prevent dry skin



✓ Rub moisturiser cream such as sorbolene into my feet

+



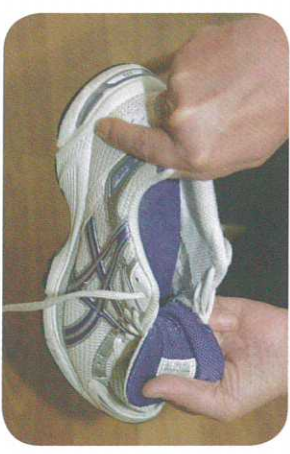
✓ Wear socks

## Step 3. Protect my feet from injury

Always check shoes before wearing them



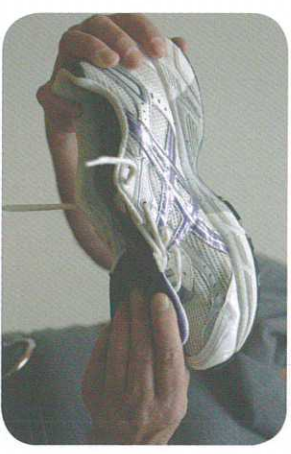
1. Look inside my shoes



3. Turn shoes upside down and shake them



2. Feel inside my shoes



4. Put shoes on





## Step 3. Protect my feet from injury

## Step 1. Care for my feet

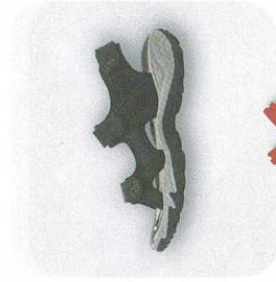
Choose the right shoes for the job that I am doing



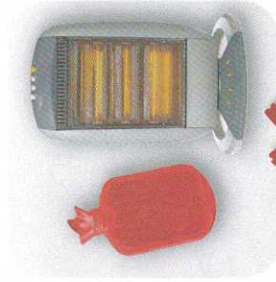
Walking or other exercise



At work or in the garden

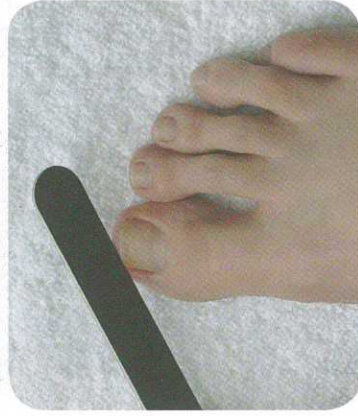


In cold weather or bed



I need to file or cut my nails carefully each week

Filing



Filing is the safest way to keep my nails short

Cutting



+



Use clippers in a nibbling action to make small cuts to the nail and cut nails to the shape of the toe

Finish by filing any rough edges



## Step 1. Care for my feet

Cut my nails carefully



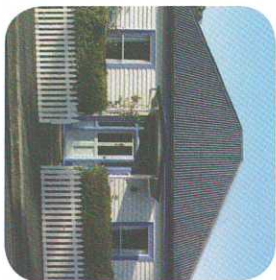
If I cut  
nails

See the booklet "Caring for your toenails"  
produced by  
Swan Hill District Health for guidance.

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## Step 3. Protect my feet from injury

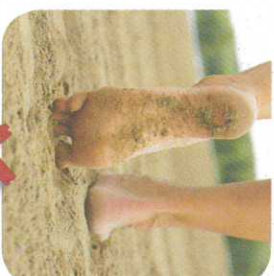
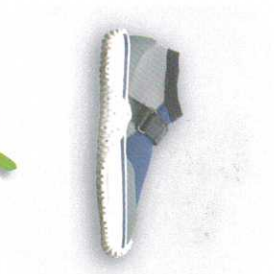
Choose the right shoes for the job that I am doing



Around the house



At the beach



Shopping



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## Step 2. Check my feet daily

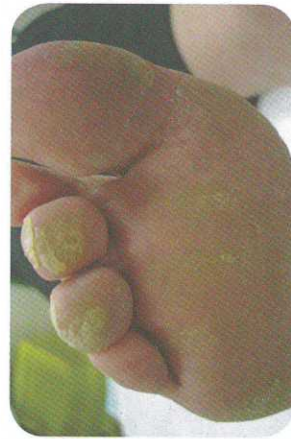
## Step 2. Check my feet daily

Problems to look for

**SEMI URGENT!** See my doctor or podiatrist within 7 days



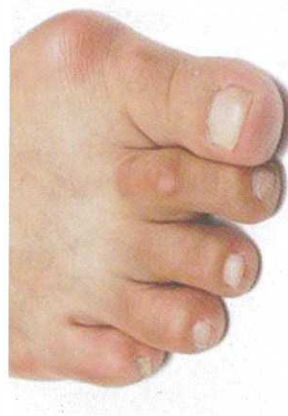
Broken skin between toes



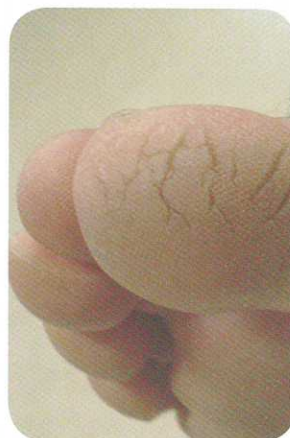
Callus



Corn



New foot shape changes



Cracked skin



New nail colour changes

Look at my feet every day for any changes or problems



I need to look for anything that is unusual or different from yesterday

Get help early if I detect a problem



## Step 2. Check my feet daily

### How to check my feet



1. Look at the top and bottom of my feet



2. Look in between my toes



3. Check the back of my heels

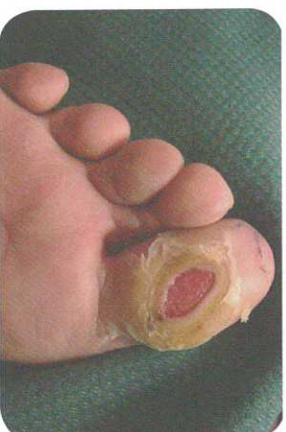


4. Use a mirror or get someone else to look if I cannot see the bottom of my feet

## Step 2. Check my feet daily

### Problems to look for

**URGENT!** Get medical help today



Ulcer



Unusual swelling



Redness



Blisters



Ingrown nail



Bruising or cuts