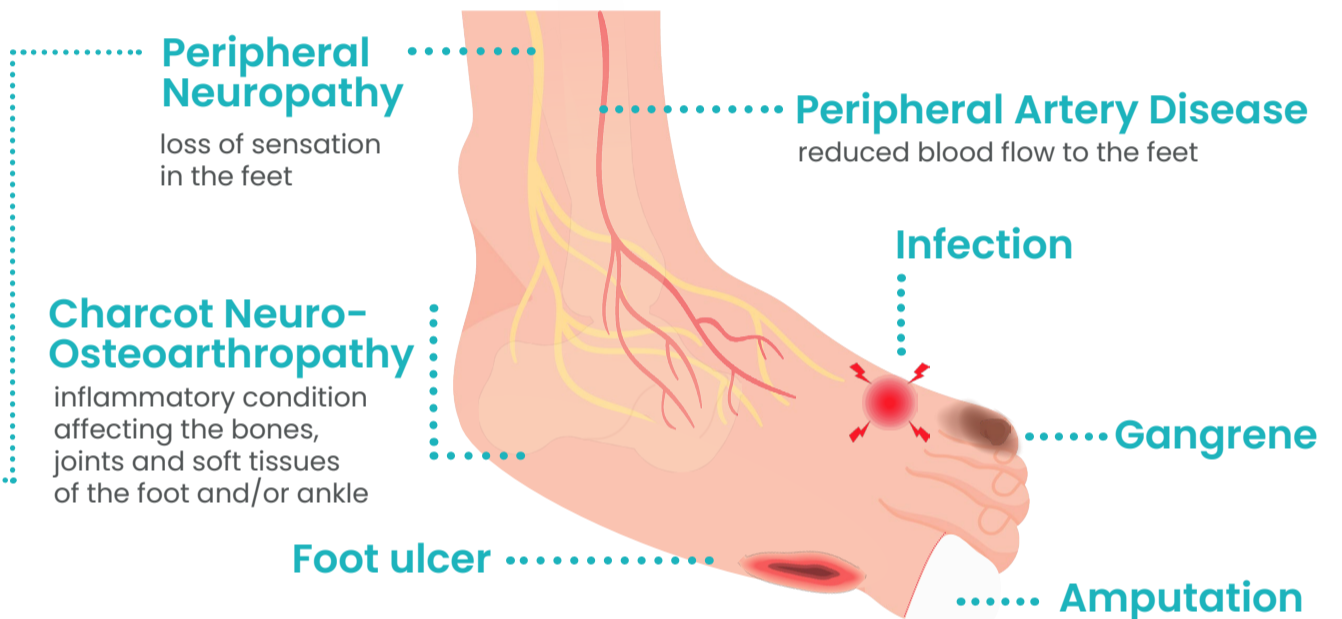


Feet!

What do we mean when we talk about diabetes-related foot disease?



Diabetes-related foot disease affects people living with diabetes and includes one or more of the following complications



A common symptom of diabetes is damage to the nerves in your feet. The damaged nerve function is called neuropathy, and about up to half of all people with diabetes have some form of nerve damage. Because of the loss of sensation in the foot, recognising when you have injured your foot is less likely as you may not feel the pain. And if you're less likely to notice an injury, this can then progress to a more serious stage of developing a foot ulcer.

A foot ulcer refers to a break in the skin on the foot, and even minor injuries caused by a small cut, bruise or a blister can develop into a diabetes-related foot ulcer. Having a foot ulcer is an unpleasant experience, which may cause pain and discomfort, the need for regular attention (e.g. wound dressing), and often takes a lengthy time to heal. This can impact your job, your mobility, your wellbeing and life in general. So, how well do you know your feet?

LOOK DOWN LOOK AROUND

Foot care is vital for people living with diabetes. With daily foot checks and recommended lifestyle changes, many people living with diabetes are able to prevent developing foot ulcers and their more serious complications. By introducing simple steps into your daily routine, the risk of foot problems can reduce significantly. Download the **diabetes feet health passport** that walks through some simple daily steps you can do to help take care of your valuable feet.

KNOW YOUR RISK LEVEL

Effective preventative care can greatly reduce the risk of diabetes-related foot disease. It's important that all people living with diabetes undergo at least a yearly foot screening by an appropriately trained GP, podiatrist or other diabetes professional. Your risk level helps determine how often you need a foot check each year, and if you may need to see a diabetes foot team for more specialised diagnosis, management and treatment. Do you know your risk level?



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