

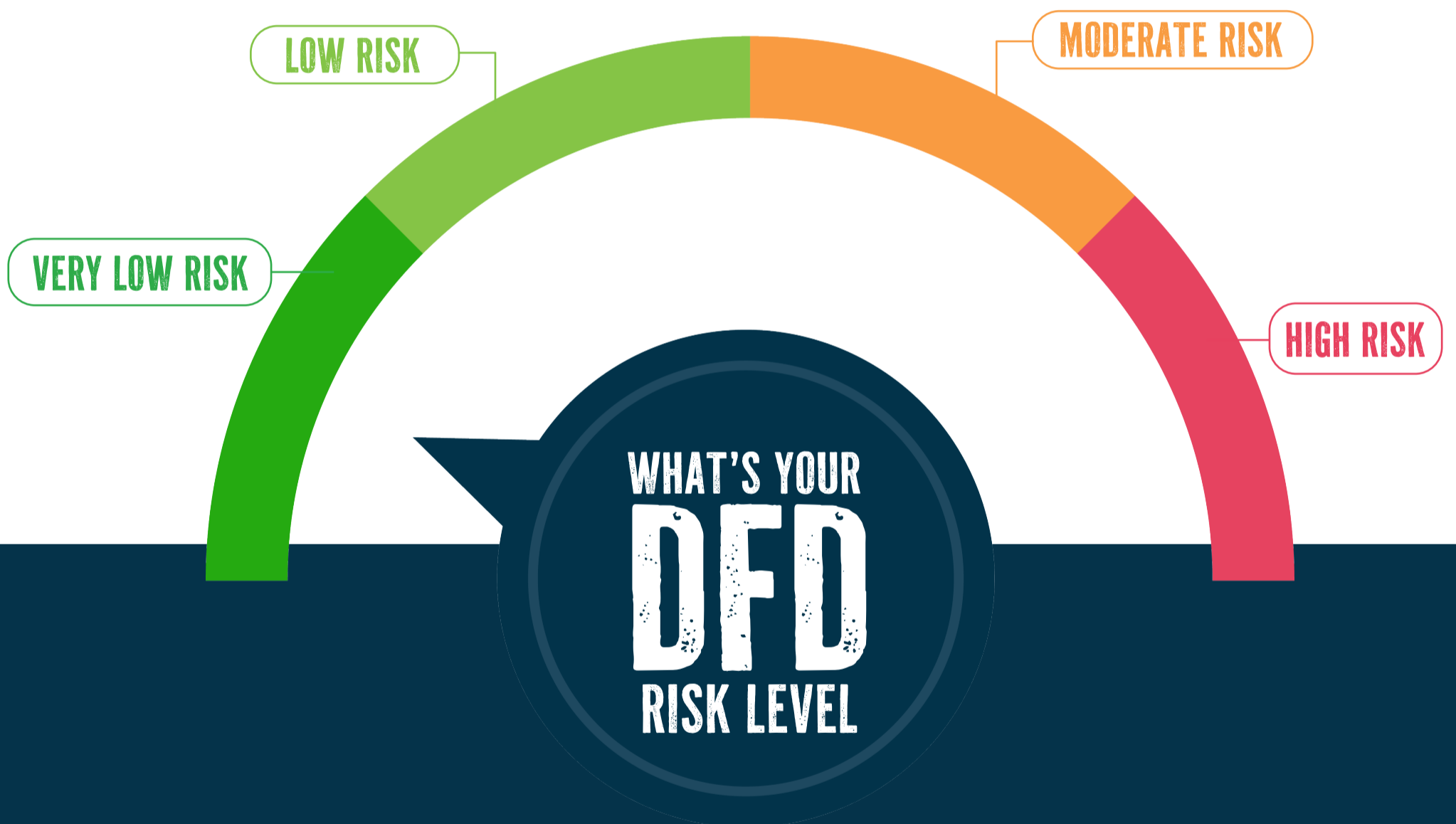
When was your last foot check?



Did you know that 1.5 million people in Australia are estimated to be living with diabetes but up to 50% don't receive an annual foot screening?

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 living with diabetes have some form of nerve damage. Neuropathy results in either pain, tingling, weakness or reduced sensation in the feet and lower limbs. Because of the loss of sensation in the foot, you might be less likely to realise you have injured your foot as you might not feel the pain. This means you are less likely to notice an injury, allowing it to progress to a more serious, advanced stage such as a foot ulcer.

Effective preventative care can greatly reduce the risk of diabetes-related foot ulcers. 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 to determine your diabetes-related foot disease risk level. This helps determine how often you need a foot examination each year, and if you may need to see a diabetes foot team for more specialised diagnosis, management and treatment.



Not sure what your DFD risk level is?

Book in with your GP, podiatrist or other diabetes professional who inspects your feet at least once every 12 months or more regularly if you have current (or a history of) foot problems.

FEET SCREENING EVERY 12 MONTHS **VERY LOW RISK**

FEET EXAMINATION EVERY 6-12 MONTHS **LOW RISK**

FEET EXAMINATION EVERY 3-6 MONTHS **MODERATE RISK**

FEET EXAMINATION EVERY 1-3 MONTHS **HIGH RISK**

This document is a guide only and is not intended as a substitute for advice from your health professional.

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diabetesfeetaustralia.org

