



# How does time impact your feet?

NATIONAL DIABETES WEEK 2019

## How would you rather spend your time?

We get it. Fitting your feet into your daily routine can prove a challenge. But did you know an estimated 50,000 Australians currently have a diabetic foot ulcer and at least another 50,000 have a history of diabetic foot ulcers?

When you think about how much time is spent avoiding the issue in the first place and then how much time is spent trying to fix the ulcer - it equates to a lot of time spent managing a problem that in 80% of cases could have been avoided.

So the big question is...How would you rather spend your time?

## What does time mean for a diabetic foot ulcer?

The facts speak for themselves. Diabetic foot ulcers are reported as the leading cause of amputation in Australia, are in the top twenty causes of hospitalisation and have five year mortality rates worse than many cancers. Essentially diabetic foot ulcers are the triple threat you don't want.

In good news though, researchers have been busy investigating the important role time plays for diabetic foot ulcers. And they have found that the earlier a GP refers a patient to a multidisciplinary diabetic foot team, the more likely the ulcer will heal quickly and the less likely you will develop infection, be hospitalised or require an amputation.

## Spend time wisely at home to help your foot ulcer

Between visits it's important to be proactive in monitoring your ulcer and feet at home by following some simple steps:



### Check for Infection

Infection significantly increases the risk of hospitalisation and amputation. When changing your dressing at home, check if your foot feels hot, is red, swollen or has any pus.



### Inspect your Feet

Once you've checked your ulcer, inspect your feet for other lesions (calluses, corns or blisters) that can develop into new ulcers without prompt treatment.



### Wear your Offloading device

Offloading devices such as Moon boots are prescribed to reduce as much pressure as possible under your ulcer to promote faster healing. So it's important to wear them both inside and outside the house.



### Act on any foot changes ASAP

Remember time is key, when treatment commences as soon as possible. Make sure you urgently act on any new infections, ulcers or pre-ulcer lesions when you are checking your feet at home.