

Diabetic Foot – LOW RISK

Living with Diabetes can be complicated by developing a foot problem, some of these problems can occur because the nerves and blood vessels supplying your feet become damaged. Changes to your feet can take a long time to show themselves and can go unnoticed. It is therefore very important that you manage your diabetes well, check your feet regularly and attend your annual diabetic foot check.

As discussed during your assessment, you are at low risk of developing foot ulcers. You can continue to manage your risk of developing complications by managing your diabetes, your cholesterol, and your blood pressure.

If you smoke, we encourage you to stop. Smoking affects circulation which can lead to amputation. The Swindon Stop Smoking Service is free and helps many people to quit for good - call the Live well Swindon Hub 01793 465513.



What you can do to help keep your feet healthy?

- **Wash your feet and check your feet everyday** use warm water and a little soap. Look for signs of blisters, breaks in the skin, signs of infection, swelling and redness, corns and callus. Check and dry between the toes, use a mirror to look underneath your feet or ask a friend to help you.
- **Toenails** file your toe nails, one or twice a week, it is easier than cutting them.
- **Socks, stockings and tights** try to change your socks, stockings or tights every day. They should not be too tight, or have bulky seams.
- **Avoid walking barefoot** you can injure yourself by stubbing your toes or standing on sharp objects causing damage.
- **Check your shoes** check the inside and out sides of your shoes with your hand for anything that could have fallen inside, or be stuck on the outside such as a nail, pin or glass.



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- **Feet change shape** check the inside of your shoes before purchasing them, look for any seams that may rub against your skin. Poorly fitting shoes that are either too tight or not supportive enough are a common cause of foot problems.
- **Moisturise your feet everyday** use an emollient or foot balm cream, as moisturising daily will help in preventing cracks in the skin, which can become infected. Care needs to be taken not to put cream in between toes.
- **Prescription shoes and orthotics** if you have prescription shoes or orthotics, you must follow the advice given to you by the Orthotist or Podiatrist. **These should be the only shoes you wear.**
- **Hard skin and corns-** Are a sign of high pressure on your skin. Do not use over the counter corn treatment as this can cause damage to the skin, and lead to ulcers.
 - Do not try removing the corn or callus yourself.
 - Do make an appointment with your Community Podiatry team for advice and guidance.
- **Avoid high and low temperatures.** never sit with your feet in front of the fire, or radiator. Wear socks if your feet are cold. Remove all hot water bottles and heating pads from your bed before getting in.
- **Minor cuts and blisters do not ignore them;** cover any cuts or blisters with a sterile dressing. And contact your GP or podiatry team immediately for an appointment to be seen. Small cuts can deteriorate very quickly.

Specific advice:

If you have any of the following signs or symptoms, arrange an appointment in Podiatry or seek medical advice (dial 111) immediately at the Urgent Care Centre, or Out-of-hours service

New wound, inflammation or infection signs of redness, pain, swelling, malodour, generally feeling unwell, temperature, chills, flu like symptoms.

Should you have enquiries about your appointments you can contact the following:

Monday to Friday 09:00 – 17:00 (not Bank Holidays)

- **Osprey Outpatients Department Tel: 01793 604050**
Great Western Hospital, NHS Foundation Trust, Marlborough Road, SN3 6BB
- **Community Podiatry Services - Podiatry reception: 01793 607860**



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Swindon NHS Health Centre, Islington Street, Swindon SN1 2DQ

- You can leave a voicemail and we will return your call within 48 hours or alternatively you can email on gwh.podiatryadmin@nhs.net.

For more information please contact

Clinic and Office Hours Monday to Friday 08:30 – 17:00 (Not Bank Holidays)

Community Podiatry Services
Swindon NHS Health Centre
1 Islington Street
Swindon
SN1 2DQ

The link below has some very useful information on helping support you to manage your diabetes.

<http://www.swindondiabetes.co.uk/support/healthy-feet/>

For information on feet in general please contact:

The Society of Chiropodists and Podiatrists

www.feetforlife.org

Tel: 02072348620

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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