

Diabetes?

check
your
feet



When it comes to diabetes and feet, prevention is the goal.

Most foot problems in people with diabetes occur when injuries – and often infections – go unnoticed and untreated due to nerve damage, or when healing is delayed due to poor circulation.

To prevent problems:

- Protect your feet from injury
- Inspect your feet every day (your podiatrist can show you how)
- See your podiatrist immediately if a cut or wound is not healing

National Diabetes health care guidelines recommend people with diabetes have their feet checked by a podiatrist at least every 12 months.

To locate your nearest podiatrist or for more foot health information, visit <http://www.feet.org.au>

