

**“If you have anything
going on with your feet,
get medical advice.
Don’t think it will
go away.”**

Chris, living with
Type 2 diabetes



be in the
know

Every week, there are **169 amputations** because of diabetes. But many could have been prevented.

Learn how to stop foot disease in its tracks.



Visit our website for tips on what to look for to prevent complications. The best bit? Our advice is tailored to you.

You can find out more at:

www.diabetes.org.uk/bitk-feet

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