

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

Chris,  
living with Type 2 diabetes

be in the  
**know**

Even something small, like a blister, can quickly lead to serious foot problems when you’ve got diabetes. Get tailored tips on how to stop foot disease in its tracks.

**You can find out more at:**

[www.diabetes.org.uk/bitk-feet](http://www.diabetes.org.uk/bitk-feet)