Footcare is very important if you have diabetes.

It’s because diabetes can affect your circulation. This can cause foot problems — and can also make it difficult for wounds to heal. You may have nerve damage too, and that can mean you don’t feel anything if you’ve hurt yourself.

But most amputations can be prevented. If you take good care of your feet and check them every day, you can reduce your risk.

They can develop fast. You need to have treatment quickly.
And you need to know who to call in your diabetes healthcare team, so keep their numbers handy.

For more information and advice

Go to [www.diabetes.org.uk/feet](http://www.diabetes.org.uk/feet)

Call 0345 123 2399*
Monday to Friday, 9am to 6pm

Email [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

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

*Calls may be recorded for quality and training purposes.
The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). © Diabetes UK 2018 1546 10161EINT
10 simple steps to prevent foot problems

1. Ask for help to stop smoking
   Smoking makes it harder for blood to flow to areas like your feet. This can cause problems that can lead to amputation.

2. Manage your blood sugars, cholesterol and blood pressure
   Easier said than done but there is help out there so ask for support if you need it. You can stop any problems from getting worse, or help prevent them by meeting your target levels.

3. Check your feet every day
   Getting into the habit of looking at your feet means you’ll be able to spot any changes like cuts, colour changes and swelling. If you see a change, speak to your diabetes team straight away.

4. Eat a healthy, balanced diet and stay active
   You can get help on what to eat from a dietitian and your healthcare team will be able to support you to get more active. We’ve also got lots of information to get you started.

5. Take care cutting your nails
   Use nail clippers and emery boards. Don’t cut down the side and don’t clean your nails using the point of scissors. If you think you need help to look after your nails, speak to your nurse or podiatrist.

6. Make sure your footwear fits
   Don’t wear socks or shoes that are tight, loose or rub. Blisters can easily become serious if you have diabetes.

7. Use moisturising cream every day
   This stops your feet from becoming too dry, which can lead to cracks and infections developing. Use a regular, perfume free moisturiser, but avoid using it between your toes.

8. Don’t use blades or corn plasters
   They can damage your skin. Speak to your healthcare team if you need help with corns or other skin problems.

9. Get expert advice
   You should get a foot check and expert advice regularly to see if you’re at risk of any problems. If you notice a problem, don’t wait until your next check, get it looked at.

10. Keep useful numbers handy
    Know what to do and who to call – your GP surgery, foot specialist or an out-of-hours service – if you have any problems with your feet.