

Diabetes can have a significant impact on your foot health & our well-being. This is why it's so important to have a podiatrist as part of your diabetic care team. Here at Masterton Foot Clinic, we're happy to help.

WHY IS IT IMPORTANT TO GET YOUR FEET CHECKED?

People with diabetes have an increased risk of damage to their nerves and blood circulation and because your feet are furthest from your heart and contain a lot of small blood vessels they are often the first body part to show further signs of damage from diabetes. In addition, diabetes can increase your risk of foot ulcers and amputations.

FOOT COMPLICATIONS ASSOCIATED WITH DIABETES

If you notice any of the following, it could be a sign that your diabetes is progressing and you should have a review with your podiatrist.

Nerve damage can appear as the following symptoms:

- ✓ Numbness
- ✓ Coldness in legs or feet
- ✓ Tingling or pins and needles
- ✓ Burning pains in legs (especially at night)

A poor blood supply can appear as the following symptoms:

- ✓ Leg cramps
- ✓ Pain in the feet, even at rest
- ✓ Feet feel cold
- ✓ Feet can look reddish-blue
- ✓ Cuts which do not heal



You can reduce the risk of your nerve and circulatory symptoms worsening by keeping blood glucose levels as close as possible to the optimum range, keeping active, attending your regular check-up appointments with your podiatrist and generally looking after and caring for your feet.

At your diabetic foot review, we assess your blood flow & circulation to the feet, check your sensation (incl. touch & reflex), perform routine nail & callous care, identify and manage areas of excessive pressure that could cause a pressure mark or ulcer in the future, provide basic foot care instructions, talk through footwear recommendations and provide pressure spot relief for the feet.

Our home foot care tips include:

- ✓ Checking your feet daily for any signs of ulcers, swelling, redness, blisters, bruising or cuts
- ✓ Cutting toenails straight across, not into the corners & gently filing sharp edges
- ✓ Asking someone to manage your toenails if you're unable to yourself
- ✓ Moisturising your feet daily to avoid dry skin
- ✓ Never using over-the-counter corn or wart cures
- ✓ Covering feet with clean socks or stockings without rough seams & that aren't too tight
- ✓ Always wearing appropriate and well-fitting footwear
- ✓ Seeking medical advice early if you notice any changes or problems

Your next diabetic review
is due:

Call us to book your
appointment.

Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less