

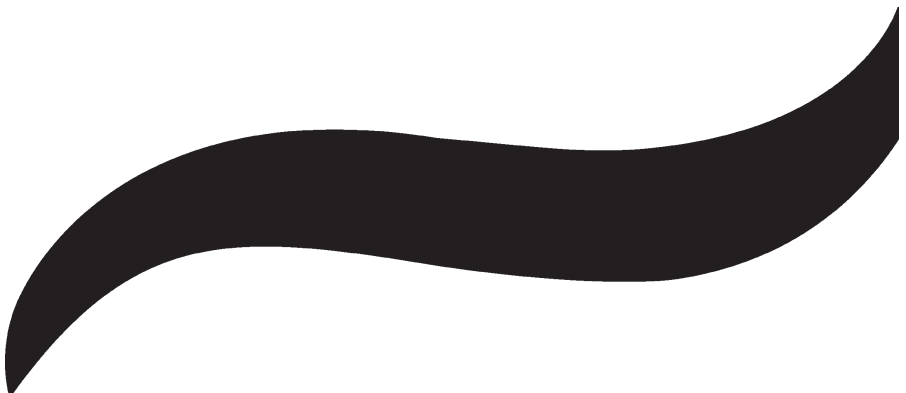


Information about

Diabetes and what it means to your feet

University Department of Podiatry
Diabetes and Feet

If you have a hot, red, swollen, or painful foot with blood, pus or other discharge from an open wound please contact the department as soon as possible.



WHAT IS DIABETES?

Diabetes is a condition that effects an organ called the pancreas which helps to control the amount of sugar in your blood stream.

Diabetes UK has created a video explaining what diabetes. Type in the following web address into a web browser, or alternatively open your camera on your smartphone or tablet and hold it up to the code and the link should appear on your screen, press this link and you'll be taken to this web address:

<https://bit.ly/3m9fTU1>

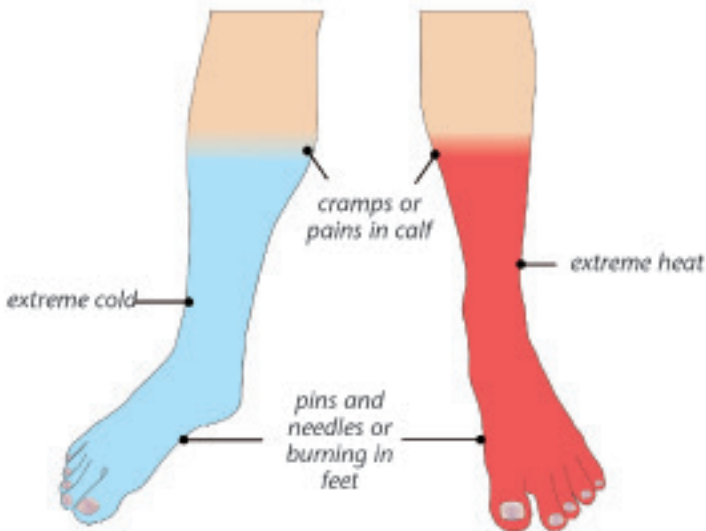


HOW DOES DIABETES AFFECT YOUR FEET?

Diabetes can cause foot problems if unmanaged for a long period of time. High levels of sugar in your blood can damage the nerves and reduce the feeling in your feet (this is called neuropathy). Diabetes can also affect your circulation, which could lead to limited blood supply to your feet which can cause problems when healing cuts or sores.

Other symptoms you may experience are:

- ❖ Extremely hot or cold lower legs
- ❖ Pins and needles or burning in your feet
- ❖ Cramps or pains in your calves



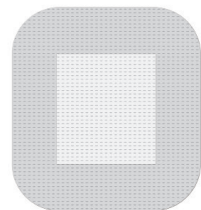
If you have any of these symptoms speak to your GP, Practice Nurse, Consultant or Diabetes Specialist Nurse for advice.

Complications can occur in your feet and it's important to take immediate action if any of the following occur:

Signs and symptoms of	Example
• Heat	Unexplained heat coming from the area.
• Pain	Sudden increase in pain.
• Swelling	Skin swells and becomes tight/painful.
• Redness	Increase redness or inflammation from the foot.
• Smell	A new smell coming from your foot.
• Flu-like symptoms	Feeling unwell with flu-like symptoms.
• Loss of function	Unable to walk, weight-bear or move as normal.

If you notice any of the above, it's really important to:

- ❖ Take the weight off your foot
- ❖ Cover with a temporary sterile dressing if possible
- ❖ Contact your Podiatrist or GP immediately
- ❖ Go to your nearest out-of-hours healthcare service if your GP or foot protection team aren't available



Temporary DRESSING

WHEN TO REFER TO NHS PODIATRY

- ❖ If you have any of the signs or symptoms of foot complications mentioned previously.
- ❖ You have an open wound or sore that needs urgent care
- ❖ You notice any changes to your circulation
- ❖ You have noticed a new mark on your foot, are unsure of what it is and need it checked.
- ❖ A cut or scrape has taken longer than normal to heal.
- ❖ You have signs of infection



HOW TO LOOK AFTER YOUR FEET

It is important to look after your feet, especially if you have diabetes, because of your diabetes foot problems can worsen quickly if you are diabetic.

It is very important that you check your feet daily. You may be unaware of losing the feeling in your feet as this can happen gradually over time, and you may have damaged your feet without knowing.

FOOTWEAR FOR YOUR FEET

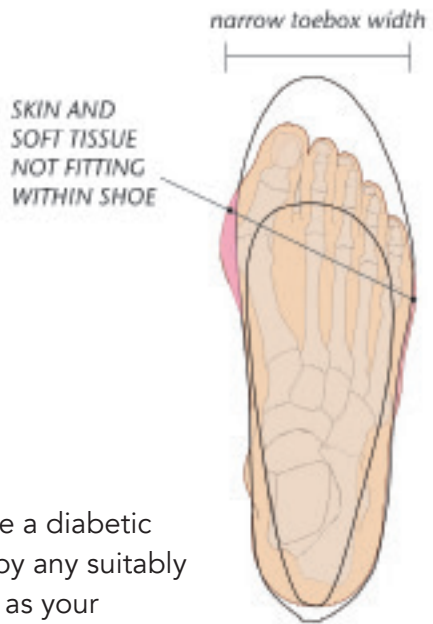
Badly fitting shoes can cause a lot of foot problems, especially if you narrow toebox width have lost some of the feeling in your feet.

Poor fitting footwear can cause irritation or damage to the skin on your feet.

FOOTWEAR FOR YOUR FEET

Every 12-24 months, you should have a diabetic foot check. This may be carried out by any suitably trained health-care practitioner such as your practice nurse or member of the podiatry service.

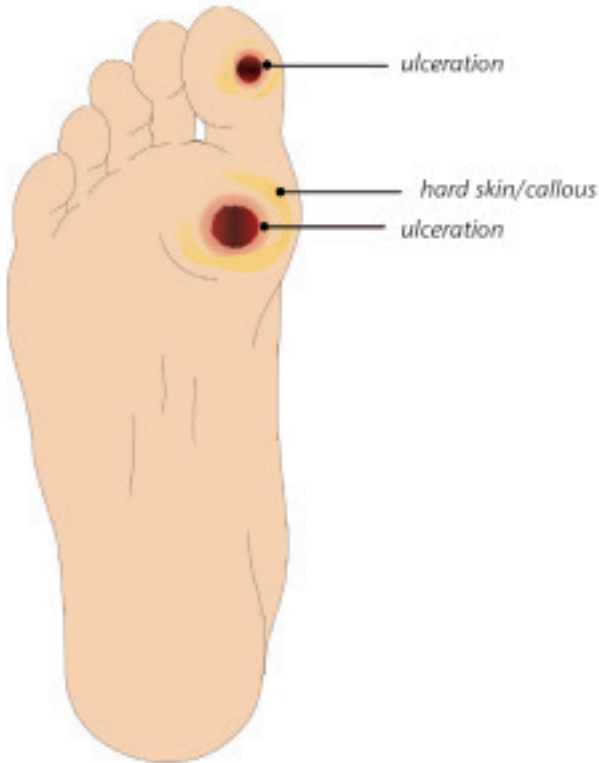
They will let you know your level of risk for developing diabetic foot complications. Below are the risk levels with an information leaflet for each:



Low Risk	Moderate Risk	High Risk
No damage to your nerves in your feet.	You have lost some feeling in your feet	You have lost some feeling in your feet
No damage to your blood vessels in your feet.	The circulation in your feet is reduced	The circulation in your feet is reduced
	Your have excessive hard skin on your feet.	You have excessive hard skin on your feet
	The shape of your foot has changed	The shape of your foot has changed
	Your vision is impaired	Your vision is impaired
	You cannot look after your feet yourself – seek advice from a podiatrist	You cannot look after your feet yourself – seek advice from a podiatrist

LOOKING AFTER YOUR DIABETIC FOOT ULCER

A diabetic foot ulcer is when an area of the skin has broken down and the tissue beneath is exposed. This will put you at increased risk of developing infection or risk of amputation. Around 1 in 10 people with diabetes will develop a foot ulcer, so it is important you check your feet daily for blisters, abrasions or ulcers.



Diabetic ulcers can develop from minor skin irritations such as cuts, blisters, abrasions, or burns. It is important you see a Podiatrist, GP or Nurse if you notice any breaks in the skin.



OTHER COMPLICATIONS

Diabetes affects the whole body and can cause serious complications such as heart disease, kidney disease, eye disease, stroke and sexual problems.

For more information on these complications and how to prevent, type in the following web address into a web browser, or alternatively open your camera on your smartphone or tablet and hold it up to the code and the link should appear on your screen, press this link and you'll be taken to this web address:

www.diabetes.org.uk/guide-to-diabetes/complications



USEFUL LINKS

If you would like more information on diabetes and looking after your body, type in the following web address into a web browser, or alternatively open your camera on your smartphone or tablet and hold it up to the QR code and the link should appear on your screen, press this link and you'll be taken to this web address: **www.diabetes.org.uk**



DIABETES AND FOOT PROBLEMS

For further information on foot complications, scan the following QR code or please visit:

www.diabetes.org.uk/guide-to-diabetes/complications/feet



HOW TO LOOK AFTER YOUR FEET

If you want a few pointers on looking after your feet, then take our simple steps to healthy feet:

www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet

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Lanarkshire Podiatry Hub

01698 753 753

<https://www.nhslanarkshire.scot.nhs.uk/services/podiatry/>

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.

www.nhsinform.co.uk
Tel No: 0800 22 44 88

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