

# DIABETES

## WHY DO I NEED MY FEET CHECKED?

Diabetes is a lifelong condition which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet can become damaged. This can affect

- The feeling in your feet (peripheral neuropathy)
- The circulation in your feet (ischaemia)

These changes can be very gradual and you may not notice them. This is why it is essential all people with diabetes have their feet checked regularly.

## WHAT SHOULD I EXPECT FROM AN ASSESSMENT?

During your appointment the Podiatrist will ask you detailed questions about your diabetes and how it is managed and any other medical conditions you may have. You will also be asked about your lifestyle.

A full visual assessment of your feet will then be completed. This will look at three main areas –

- **The general condition of your feet** – what shape are they, have you any hard skin or corns, can you cut your toenails safely.
- **The circulation** – a device called a Doppler may be used to listen to the pulses in your feet. The colour and temperature of your feet will be looked at. You may also be asked if you experience any cramps or pains in your legs and feet on a regular basis
- **The sensation** – Tests will be performed to see if you have lost any of the feeling in your feet.

## **FOLLOWING YOUR ASSESSMENT.**

Once all the information has been gathered and your assessment is complete you will fall into one of the following risk categories –

- Low risk
- Increased or Moderate risk
- High risk

A treatment plan will then be discussed with you and put in place to ensure you receive all the care and support your condition requires.

***This leaflet has been written to help you understand more about the problem with your foot. This leaflet is not a substitute for professional medical advice and should be used in conjunction with verbal information and treatment given.***

