

Your annual foot screening and assessment has shown that your feet currently are **not at risk** of developing an ulcer.

However if you should develop a problem with your feet please contact your local foot health clinic.

If you develop a wound please seek help immediately at your local foot clinic or GP practice.

Your next diabetic foot assessment is due on

This can be done at the clinic you attend for your general diabetes care. But don't forget, if you develop a problem with your foot, contact your local Foot Health services.

Foot health clinic contact numbers

Monday to Friday 9am–5pm

<p>Downham Health & Leisure Centre 7-9 Moorside Road, Downham, BR1 5EP Tel: 020 3049 1800</p>	<p>Waldron Health Centre 3 Amersham Vale, London SE14 6LD Tel: 020 3049 3400</p>
<p>Suite 1 Univeristy Hospital Lewisham Lewisham High Street, SE13 6LH Tel: 020 3192 6790</p>	<p>Lee Health Centre 2 Handen Road, Lee, SE12 8NP Tel: 020 3049 2114 or 020 3049 2070</p>
<p>Sydenham Green Heath Centre 26 Holmshaw Close, SE26 4TH Tel: 020 3049 2737</p>	<p>South Lewisham Health Centre 50 Conisborough Crescent, SE6 2SP Tel: 020 3049 2503</p>
<p>Home Visiting Service Tel: 020 3049 1860 or 020 3049 1870</p>	

Check your feet every day



Make sure to call your foot clinic or doctor immediately if you develop a cut, sore, blister, or inflammation on your foot.

Diabetes UK Helpline

To get in touch for answers, support or just to talk things through about diabetes, contact the Helpline on **0345 123 2399**, email **helpline@diabetes.org.uk** or go to **www.diabetes.org.uk**.

Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

If you would like this information in another language or another format such as braille, large print or an electronic or audio file, please contact the Patient Advice and Liaison Service (PALS):

University Hospital Lewisham
on **020 8333 3355**
or email **pals.lewisham@nhs.net**

Queen Elizabeth Hospital
on **020 8836 4592**
or email **pals.qeht@nhs.net**

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Tel: 020 8333 3000
www.lewishamandgreenwich.nhs.uk

The low risk diabetic foot



Diabetes information and advice Leaflet Foot Health Services

These leaflets and clinics are for people registered with a Lewisham GP

Adapted from SIGN Diabetic foot Leaflet

High quality care for every patient,
every day



Advice on keeping your feet healthy

Take care of your diabetes

Make healthy lifestyle choices to help keep your blood glucose (sugar), blood pressure, and cholesterol close to your target range.



Work with your healthcare team to make a diabetes plan that fits your lifestyle. The team may include your doctor, a diabetes educator, a nurse, a dietitian and a foot care specialist called a podiatrist.

Check your feet every day

Check your feet for cuts, sores, red spots, swelling, and infected toenails. Find a time to check your feet each day. Make checking your feet part of your every day routine.



If you have trouble bending over to see your feet, use a plastic mirror to help. You also can ask a family member or caregiver to help you.

Wash your feet every day

Wash your feet in warm, not hot, water. Do not soak your feet, because your skin will get dry.

Before bathing or showering, **test the water with your elbow first** to make sure it is not too hot.

Dry your feet well. Be sure to dry between your toes.

Keep the skin soft and smooth

Rub a thin coat of skin lotion, **or** cream on the tops and bottoms of your feet.



Do not put lotion or cream between your toes, **because this can make the skin too moist and might cause an infection.**

Have corns and calluses treated professionally

If you have corns and calluses, attend your local NHS Foot Clinic regularly (telephone numbers of clinics overleaf).



Do not cut corns and calluses. Don't use razor blades, corn plasters, or liquid corn and callus removers – they can damage your skin and may cause a wound.

Wear shoes and socks at all times

Wear shoes and socks at all times. Do not walk barefoot, even indoors – because it is easy to step on something and hurt your feet.

Always wear socks, stockings, or tights with your shoes to help avoid blisters and sores. Choose clean, lightly padded socks that fit well. Socks that have no seams are best and ensure they do not dig into your skin.

Check the insides of your shoes before you put them on to be sure the lining is smooth and that there are no objects in them.

Footwear

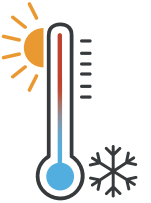
Wear shoes that fit your foot shape well and protect your feet.

Ask your Podiatrist for advice about footwear if you are unsure or having difficulties.



Protect your feet from hot and cold

- Wear shoes at the beach
- Put sunscreen on the top of your feet to prevent sunburn
- Keep your feet away from radiators and open fires
- Do not put hot water bottles or heating pads on your feet
- Wear socks at night if your feet get cold.



Diabetes is a lifelong condition which can cause foot problems. Foot problems can affect anyone who has diabetes, whether it is being treated with insulin, tablets, non-insulin injections or diet and physical activity only.

Any damage to your skin, such as a cut, blister or burn can take a long time to heal and could develop into an ulcer.