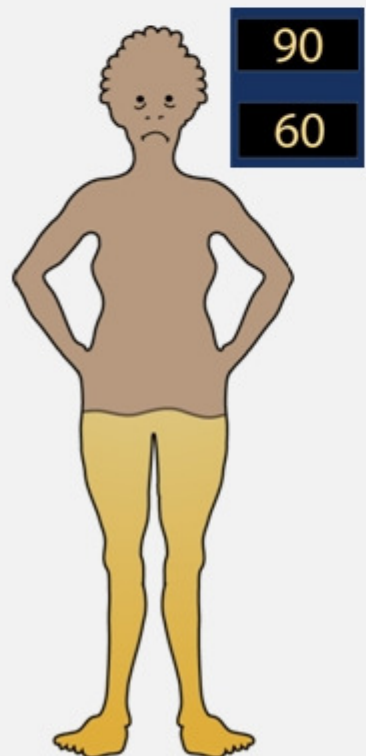
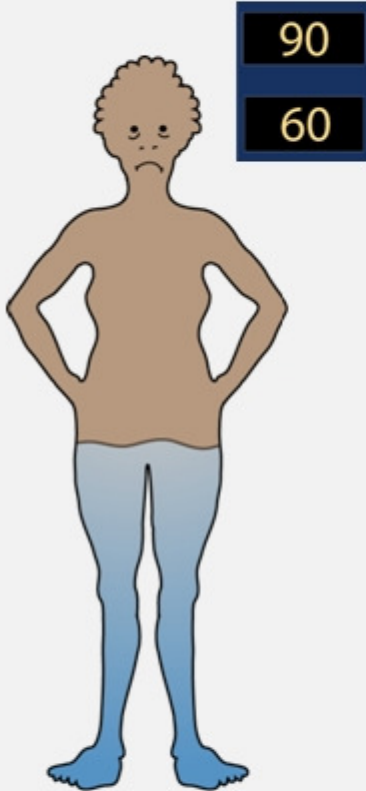


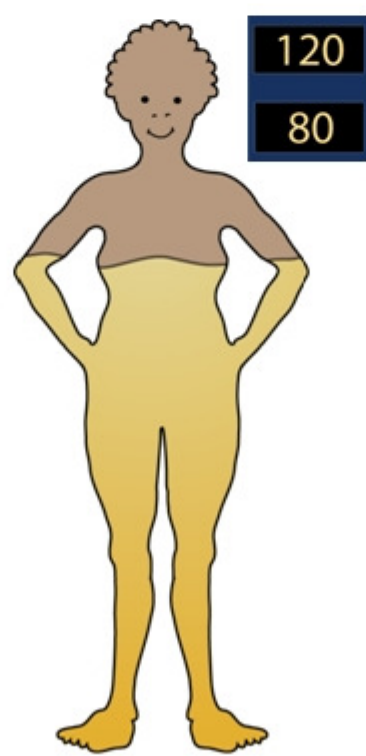
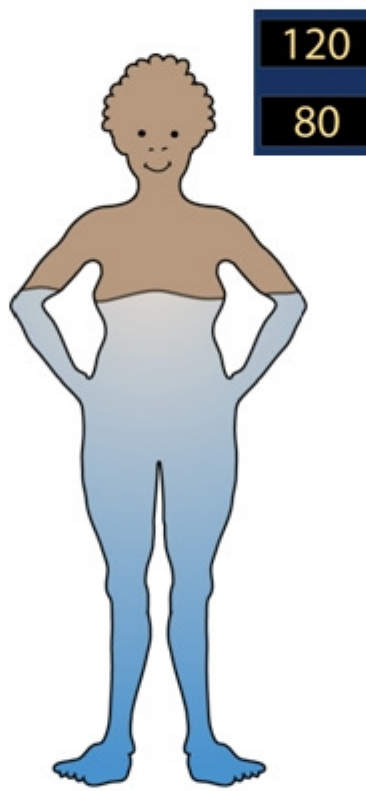
# Blood pressure Making it hard for your heart



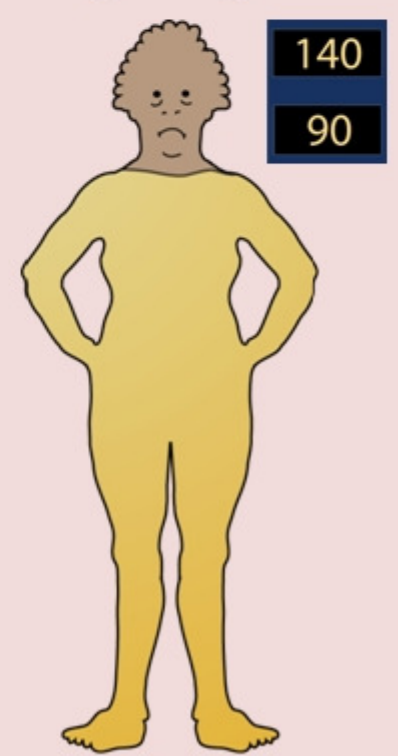
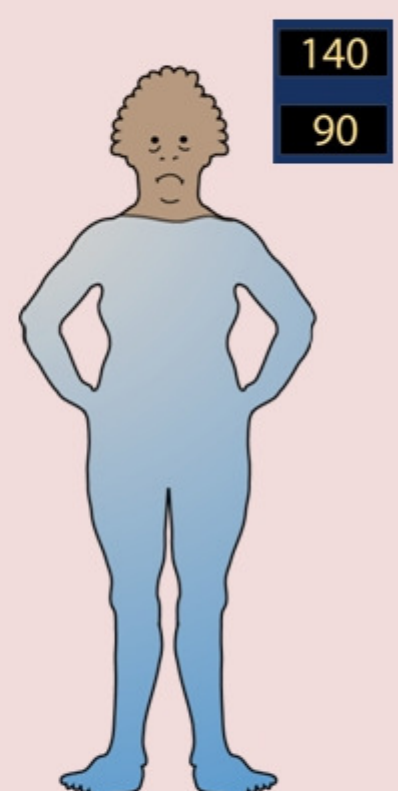
Not enough water and fat in your body will make your blood pressure go **LOW**



The right amount of water and fat in your body will keep your blood pressure **RIGHT**



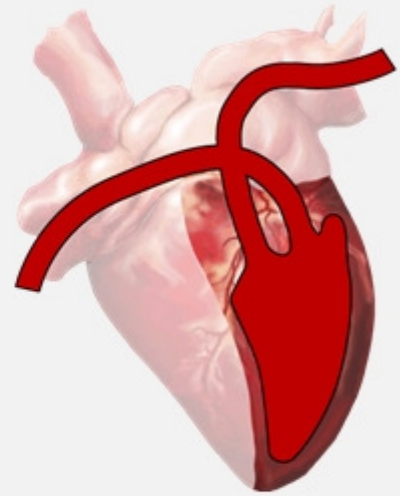
Too much water and fat in your body will make your blood pressure go **HIGH**



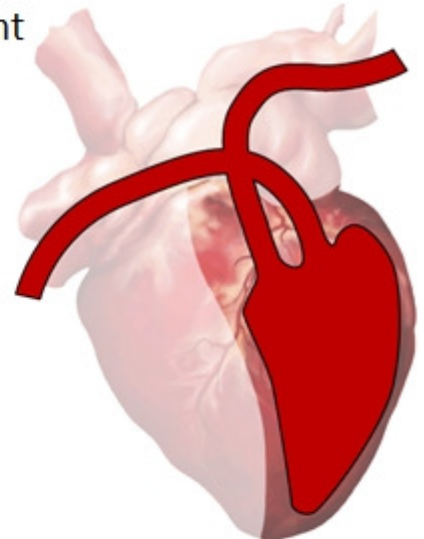
# Blood pressure Making it hard for your heart



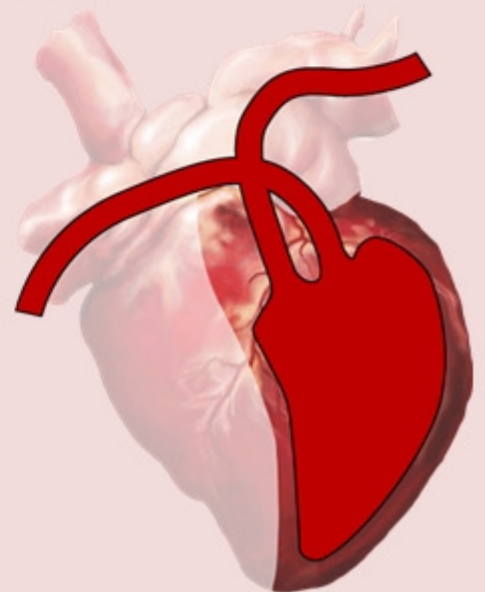
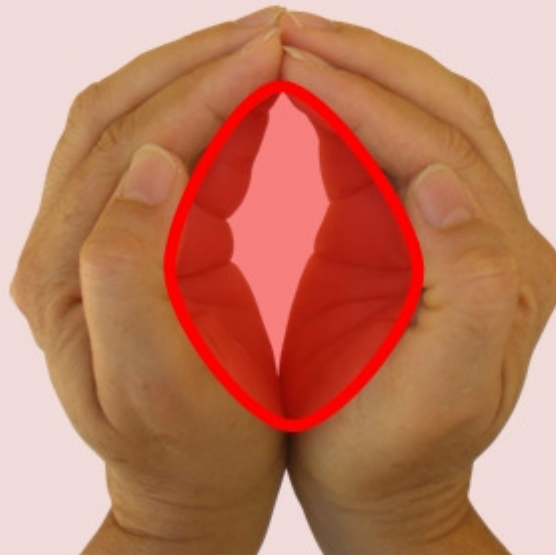
**Low fluid** - heart only fills a small amount

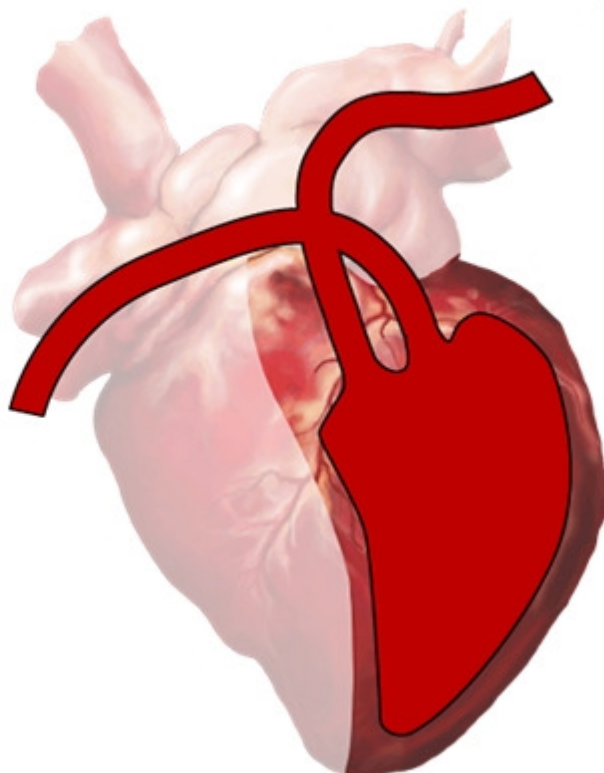
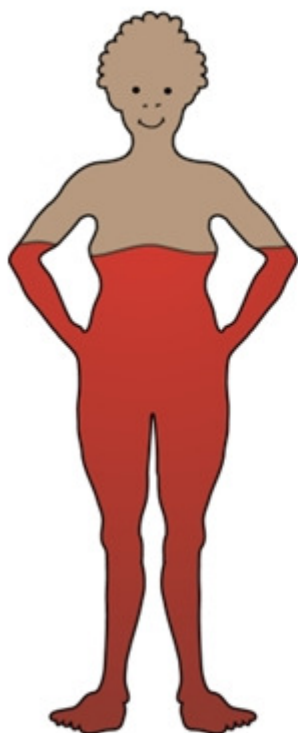


Heart only fills a **normal** amount

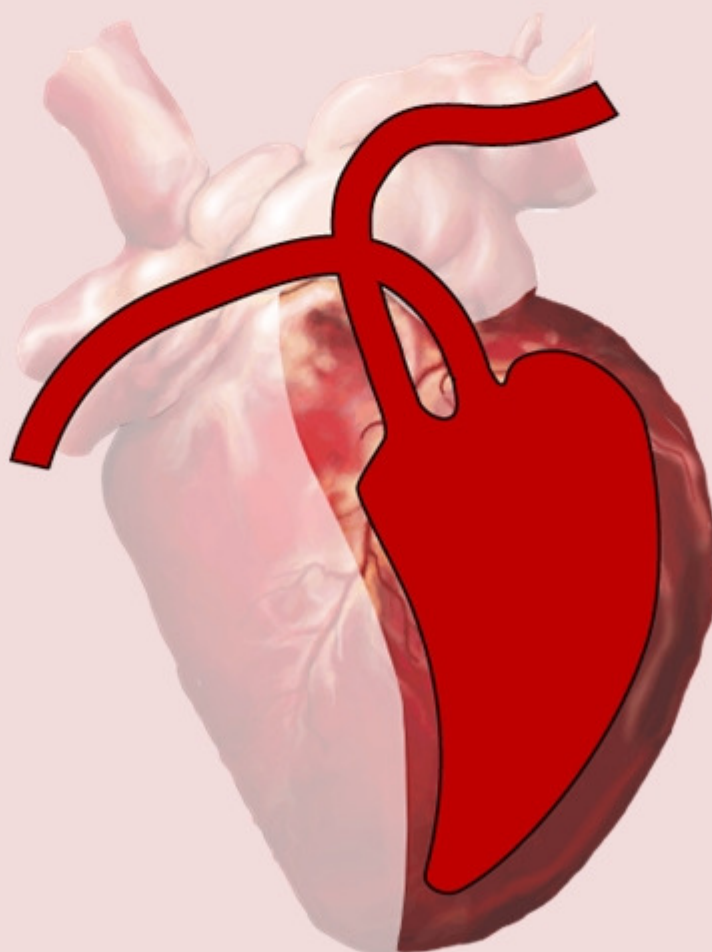
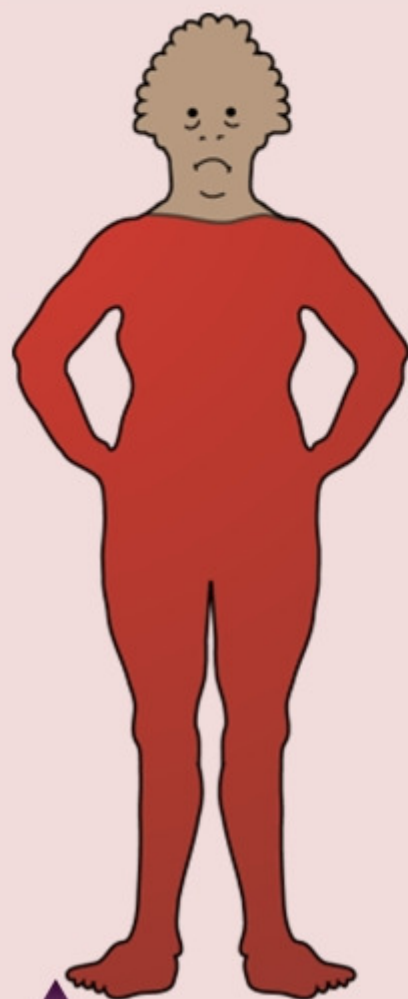


**Lots of fluid** - heart is stretched





**Normal  
young**  
heart has  
muscles which  
aren't  
stretched



**Old  
heart**  
muscles  
become  
weak

There has  
been too  
much fluid  
over a long  
time



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

### Key health competencies:

After using the resource a client should be able to show or tell you about:

- How to wash their feet.
- Keep between their toes healthy.
- Why you need to use a clean towel & look for blood or pus on the towel after it has been used .
- How to use skin cream on their feet
- The importance of wearing a pair of new socks every day & changing socks if they get wet or sweaty.
- Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
- How to remove hard skin safely..
- How to keep their toenails smooth.
- To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
- Never cutting their own nails unless they have talked to the podiatrist or nurse first

### Related resources

- Looking after your feet– Posters
- Looking after your feet– Yarn cards
- Looking after your feet– Picture yarn
- Looking after your feet– Test cards
- Foot care– Body parts

### Notes:

The resource can be printed A3 or A4 size and then laminated.

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