

1

**SMOKING  
DAMAGES  
YOUR FEET**

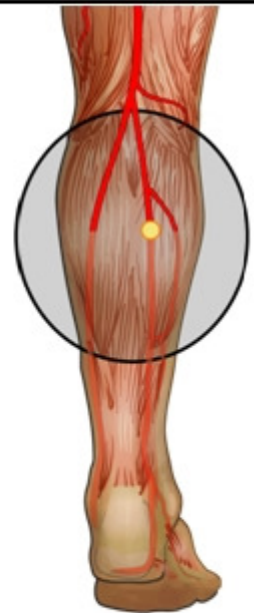
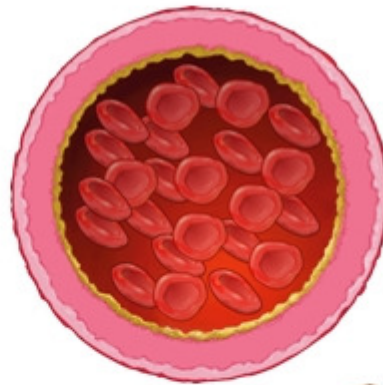
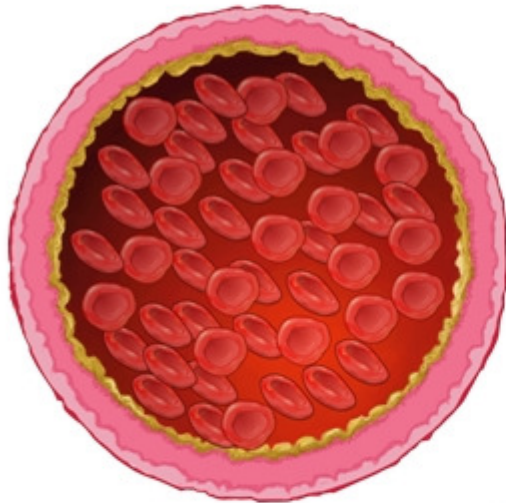


Cigarettes

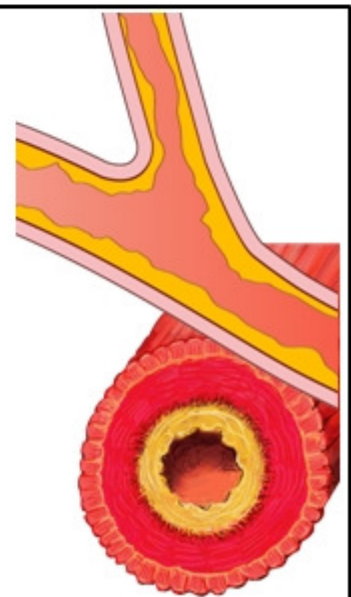
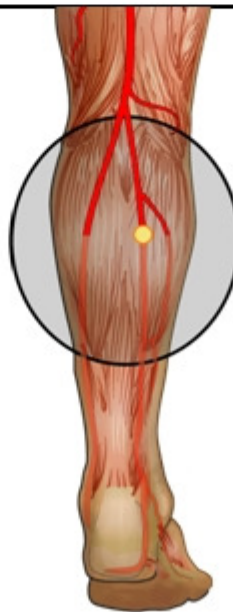
20



2



3



# diabetes foot care **Smoking**



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 smoking can damage 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:

- Smoking damages their feet by:
  - narrowing the blood pipes when they smoke.
  - helping fat to block the blood pipes
- Smoking blocks the blood pipes over time.
- Stopping smoking can help them avoid loosing toes and feet.

### Target group:

This resource is designed to be used with an individual client or with a group.

It can be used by Australians of all ages who need to know about foot care when they have diabetes.

### Related resources

- Smoking– Posters
- Smoking– Yarn cards
- Smoking– Picture yarn
- Smoking– Test cards
- Foot care– Body parts

### Notes:

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

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