

Another reason to stop smoking

**SMOKING
DAMAGES
YOUR FEET**



Cigarettes

20



Smoking narrows your blood pipes

1 This is when you don't smoke

2 This is when you are smoking

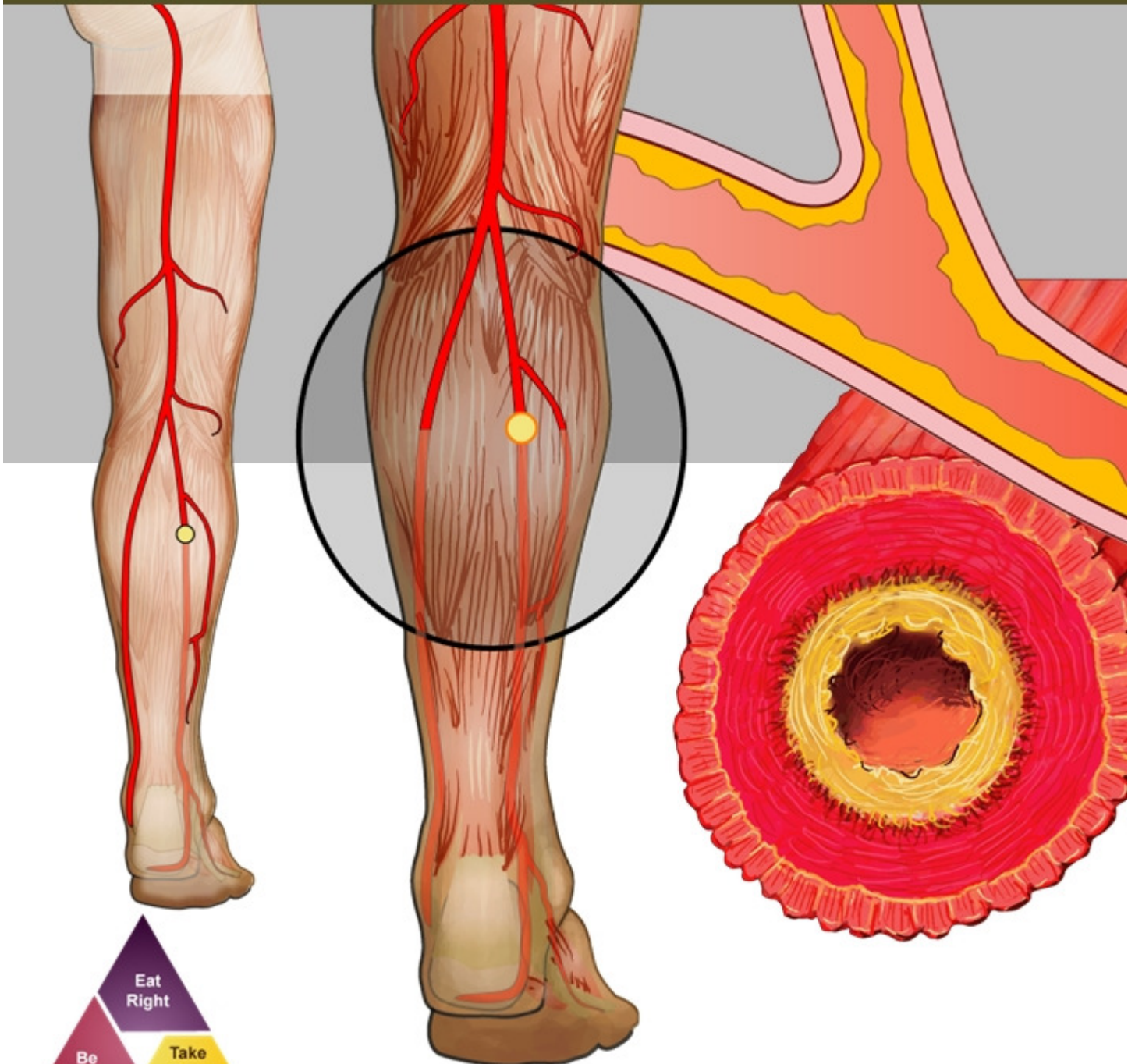


3 Only half as much blood is getting to your feet



Smoking makes fat stick to your blood pipes

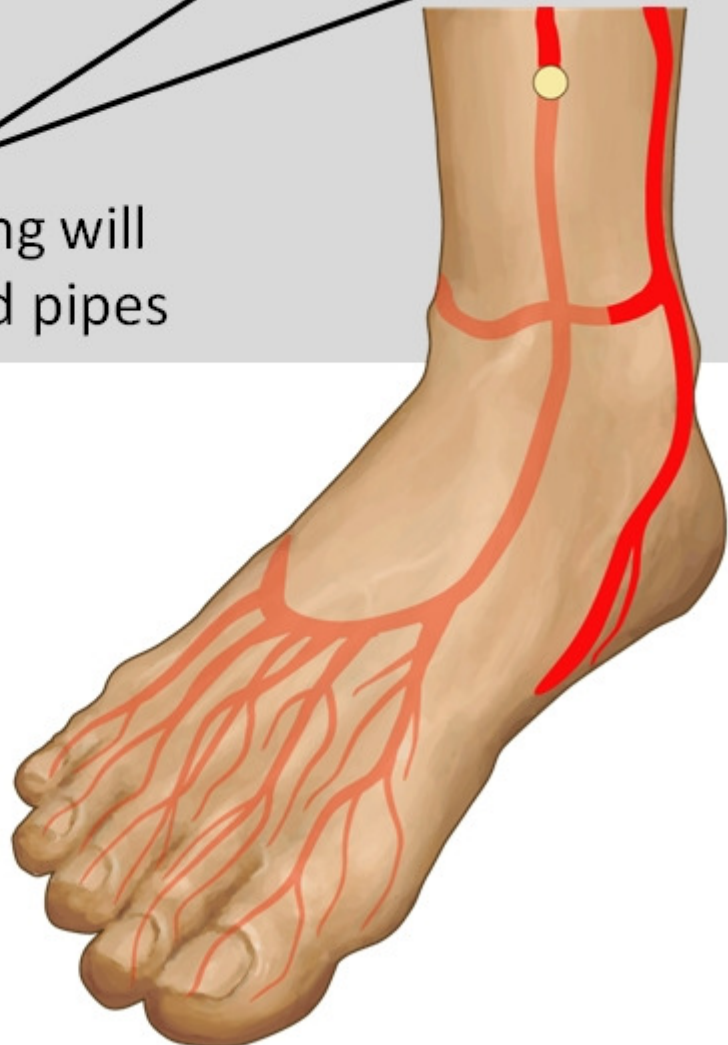
- 1** When you smoke there is less blood in your big blood pipes
- 2** Smoking narrows you blood pipes so not enough oxygen gets to the muscle.
- 3** Smoking makes fat stick to your blood pipes.



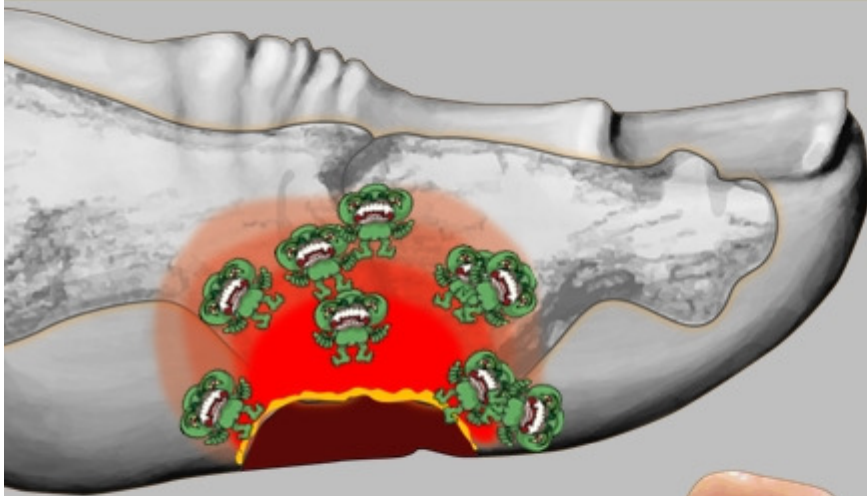
Fat in your blood pipes



1 Over time smoking will narrow your blood pipes



Don't let smoking do this to you



Where is the **pinky?**



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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