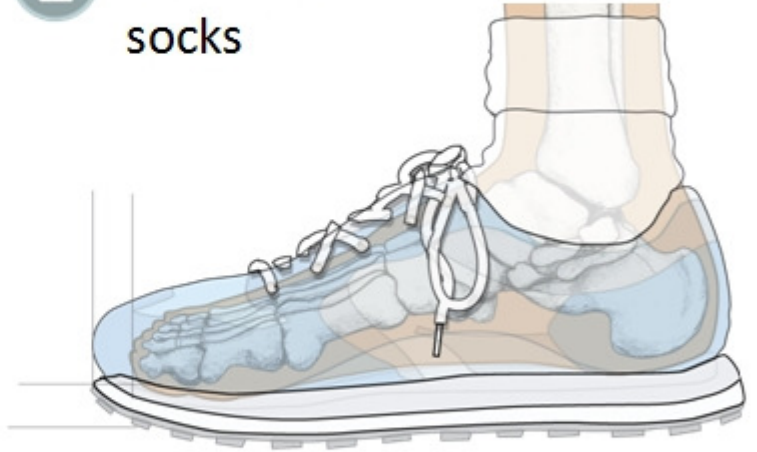


What needs to be checked

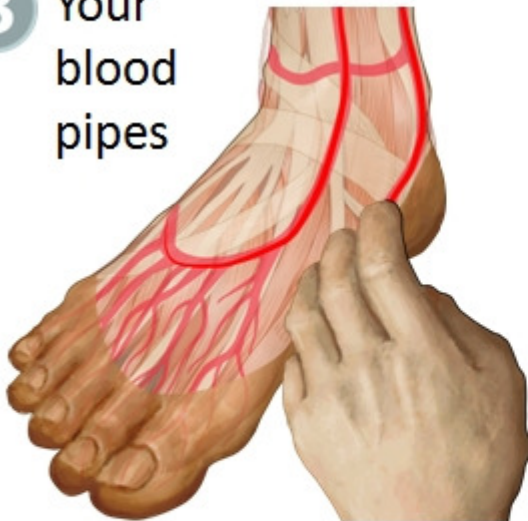
1 Your feet



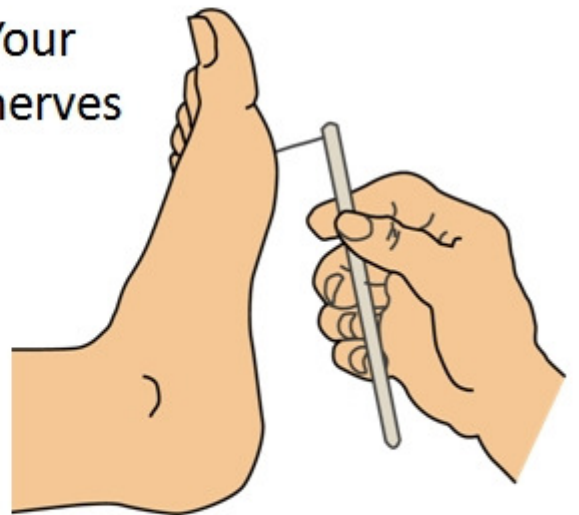
2 Your shoes & socks



3 Your blood pipes



4 Your nerves



5 Your blood sugar levels



6 Whether you are smoking



Are you prepared?

- 1 Take someone with you to see what happens & listen to what is said.
- 2 Write down questions you want to ask.



Pain in leg

- 3 Take the shoes & socks you wear, including any inserts.



What isn't right – show the podiatrist or nurse

1 Sores



2 Swelling



3 Pain



4 Numbness



5 Socks



6 Shoes



What needs to be done

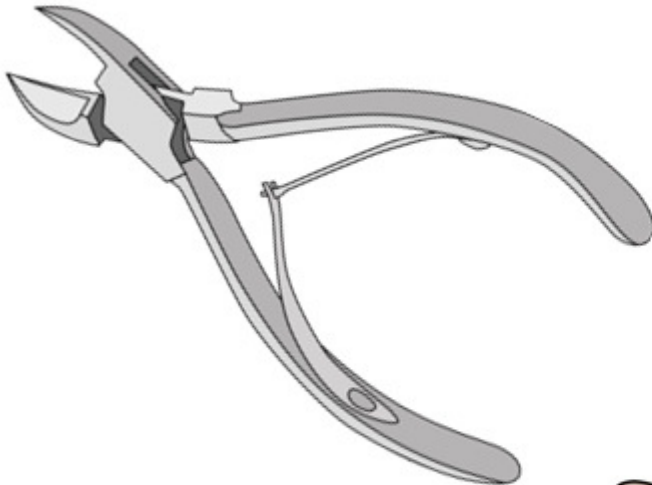
- 1** Check your skin and nails



- 2** Treat any infections



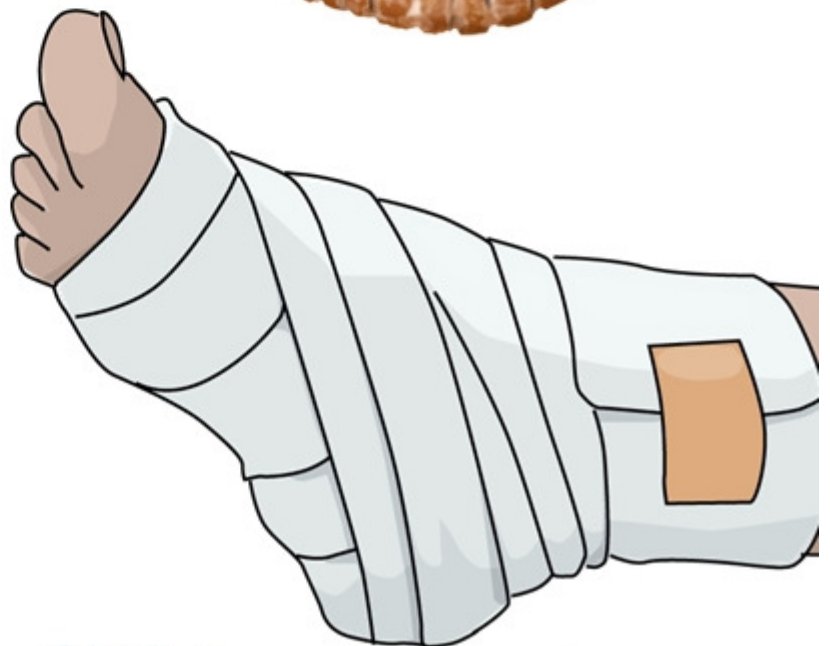
- 3** Cut your toe nails



- 4** Remove hard or dead skin



- 5** Treat any wounds or ulcers

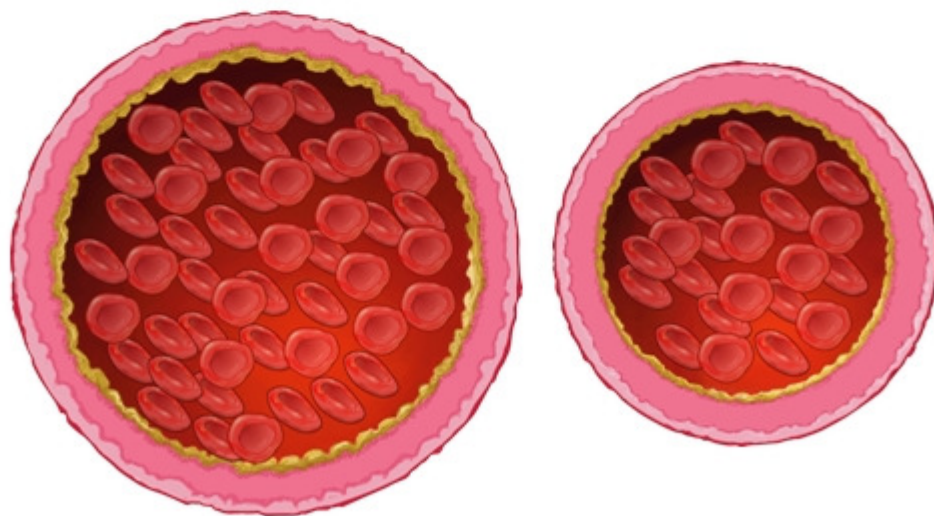


What you need to do

- 1 The podiatrist or nurse will show you what you need to do.



- 2 You may need to have something explained which will help you self manage your diabetes.



These pictures show how when you smoke your blood pipes narrow



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OFFENDING COMMAND: f'~

STACK: