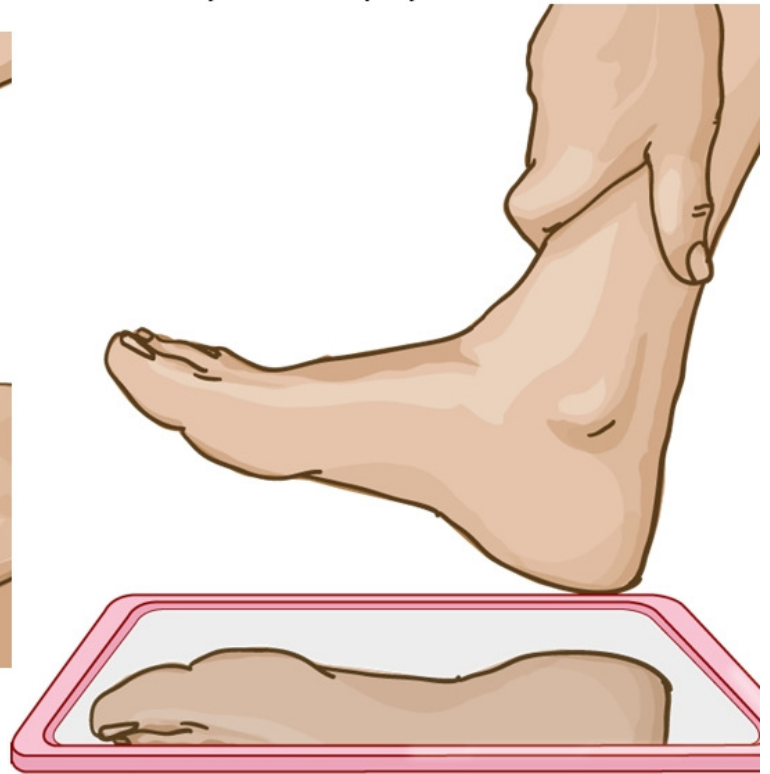


Diabetes Foot Care – Regular check up

# Check your feet every day

You can do it yourself or get somebody to help you.



Diabetes Foot Care – smooth toenails & skin

**Never** cut your own nails until you have talked to the podiatrist or nurse



8 He or she will tell you if you can cut your own toe nails



**CDRO**  
Chronic Disease Resources Online

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Expiry date: 31 Dec 2018

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.

### Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

### Notes:

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

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Levels



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