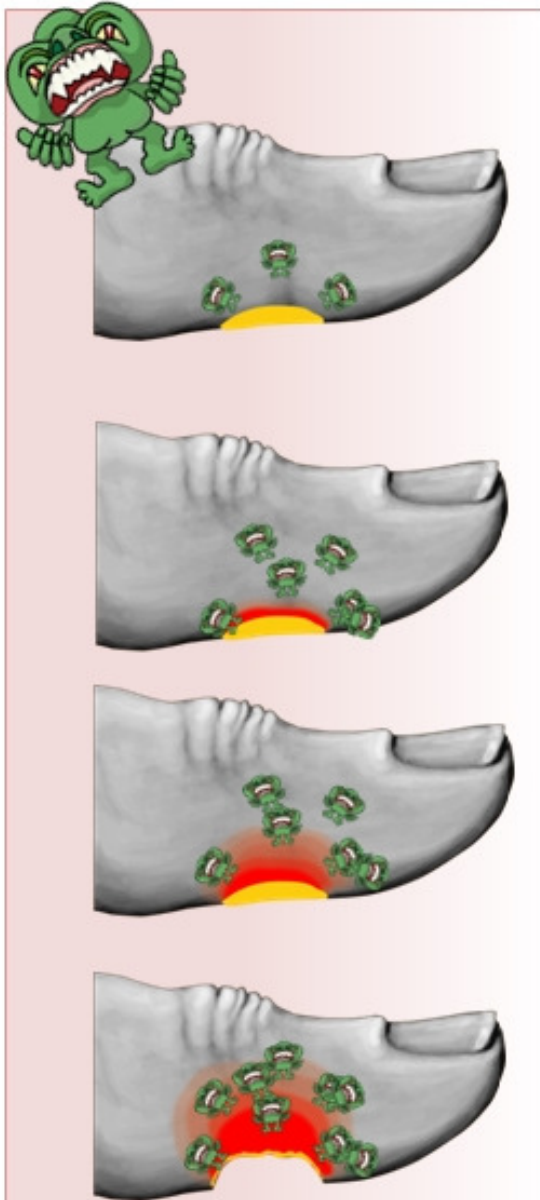


## Sores can get very bad

- 11 This is what happens when you damage your foot



- 12 You may not feel a thing because your nerves are damaged

- 13 Let the doctor, nurse or podiatrist look at a sore that isn't healed after 2 days

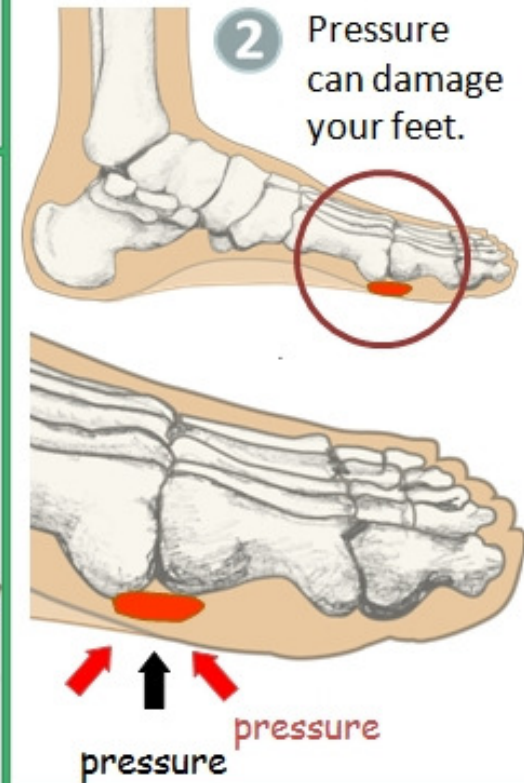


## Diabetes Foot Care

### Pressure & bruising

Looking after your feet

- 1 Standing or walking puts pressure on your feet.



- 2 Pressure can damage your feet.

- 3 Pressure causes hard skin called a callus.



- 4 More pressure causes bruising under the callus. The bruising can then become infected.



Why some sores don't get better



5 Do you have an infected sore?

6 Do you have nerve damage so you can't feel the sore and don't know it is there?



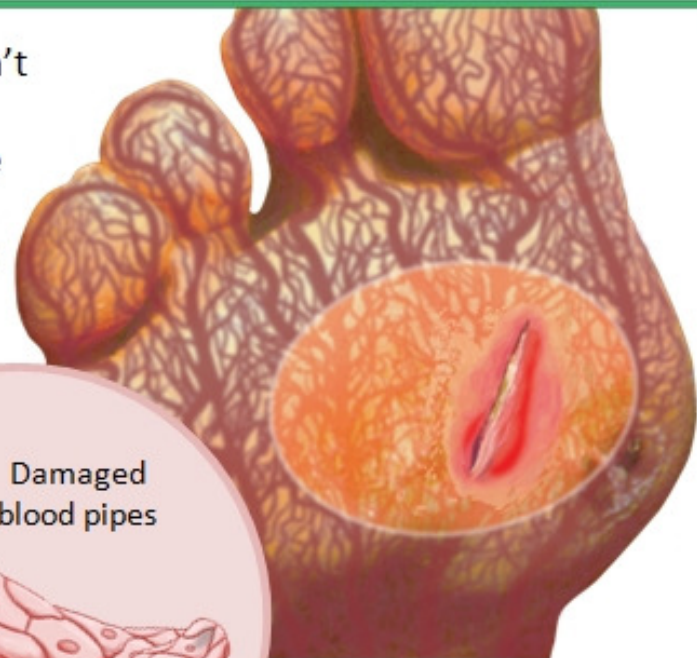
7 Do you have high blood sugar which damages your blood pipes?



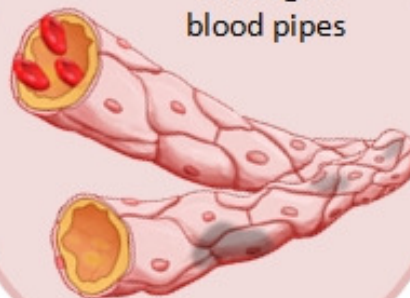
8 Damaged tiny blood pipes stop the blood getting through.



9 Your sore won't heal quickly because there isn't enough blood to fight the infection.



Damaged blood pipes



10 Before long you can have a very bad sore



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

### Notes:

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### Levels



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