

10 Never let a sore get very bad



11 If a sore doesn't heal after 2 days get someone to look at it.

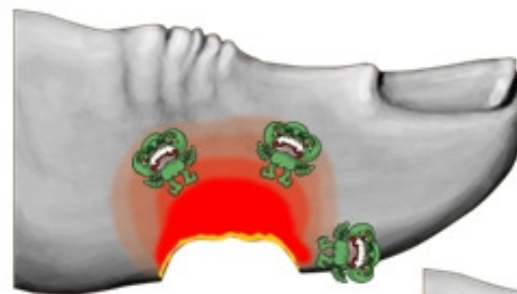
12 Keep your blood sugar under control



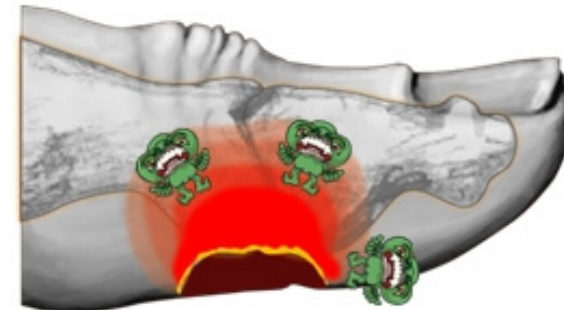
13 Stop smoking



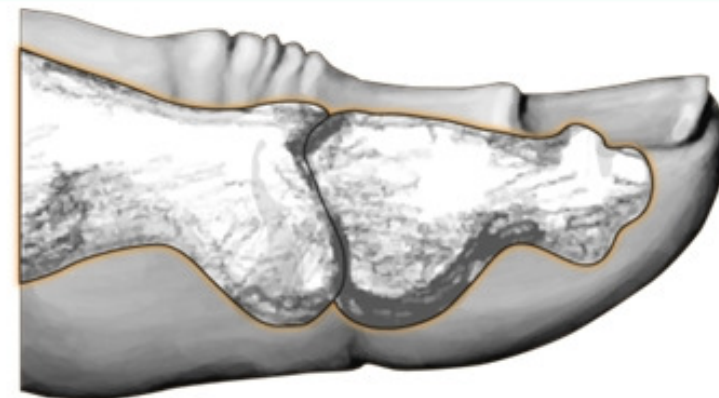
Diabetes Foot Care
Bad infections
Looking after your feet



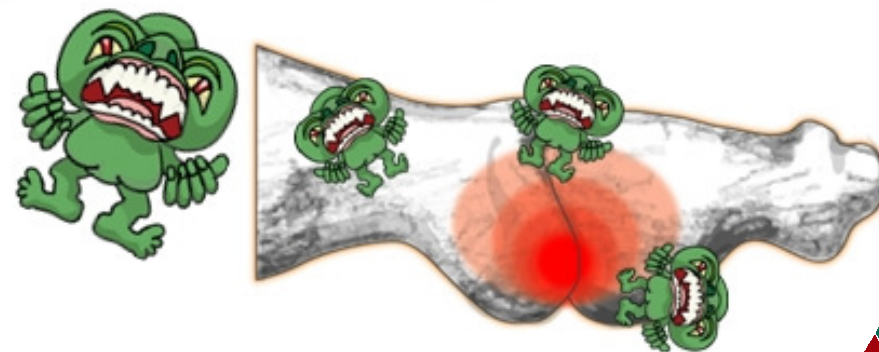
1 Germs can get right into your foot



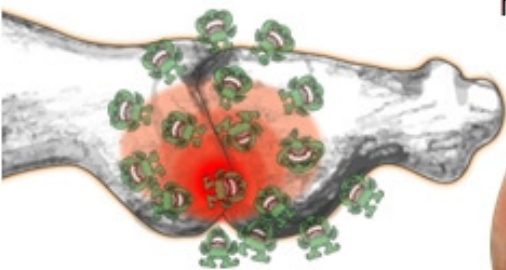
2 Germs can get into the bones



3 The bones become infected



4 The infected bones have had to be cut off



This doesn't need to happen to you

6 You must look at your feet



Look! - There is a toe missing



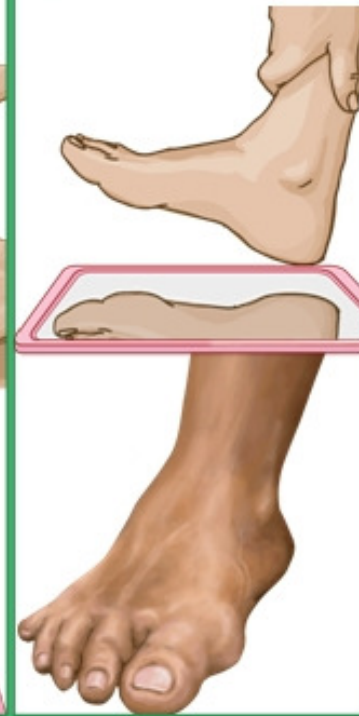
7 Keep your feet clean & dry



8 Smooth toenails & skin



9 Look & check



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:

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

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Levels



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