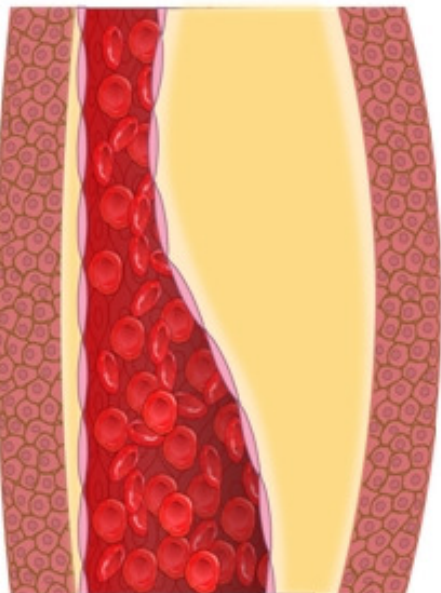


11 If you have a problem with your big blood pipes...



12 ...your tiny blood pipes won't get enough oxygen.



This can cause sores & damage your feet.

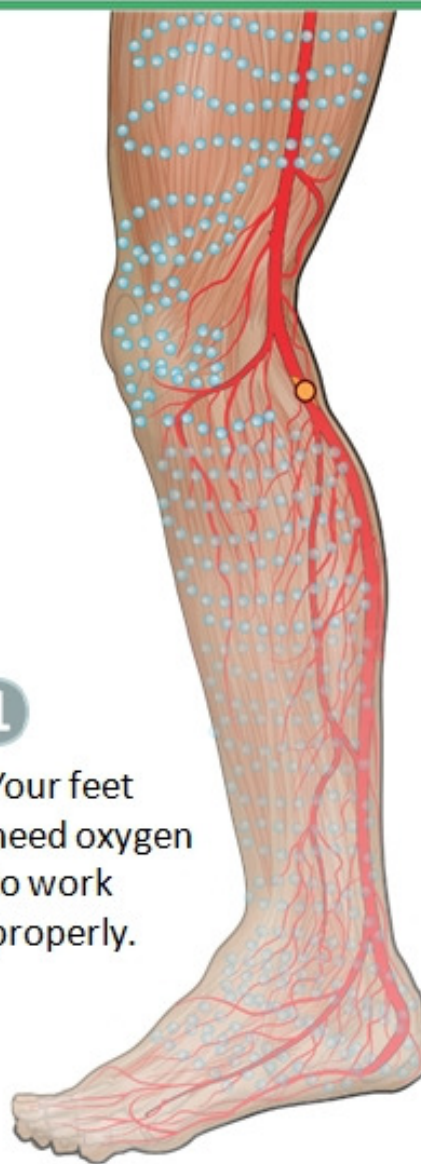
13 If you have problems with your blood pipes you maybe asked to give up smoking.



Diabetes Foot Care

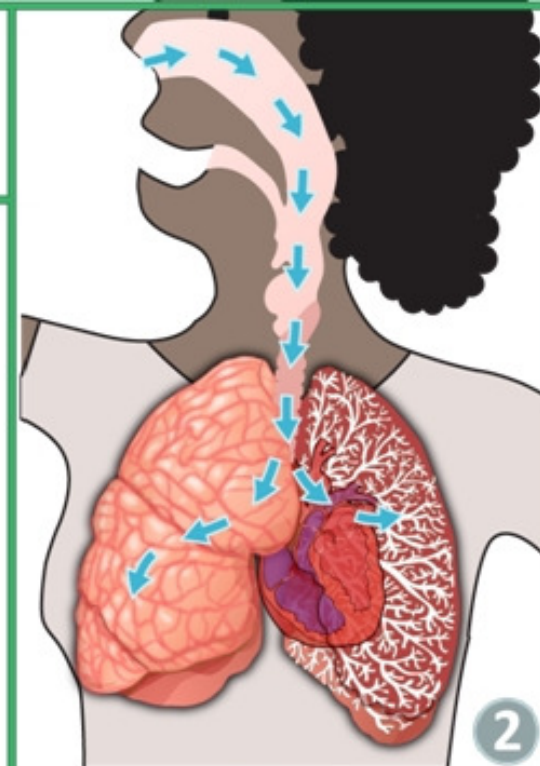
Walking test

Looking after your feet



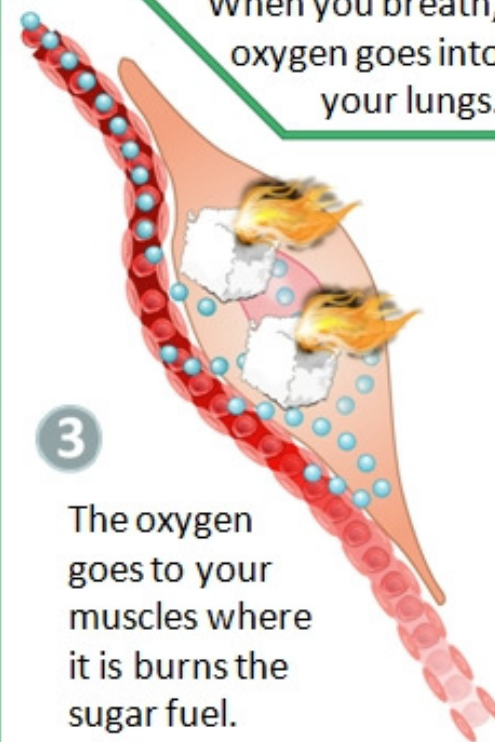
1

Your feet need oxygen to work properly.



2

When you breathe, oxygen goes into your lungs.



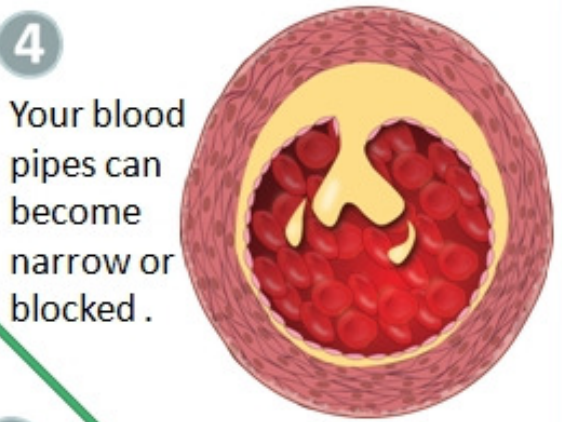
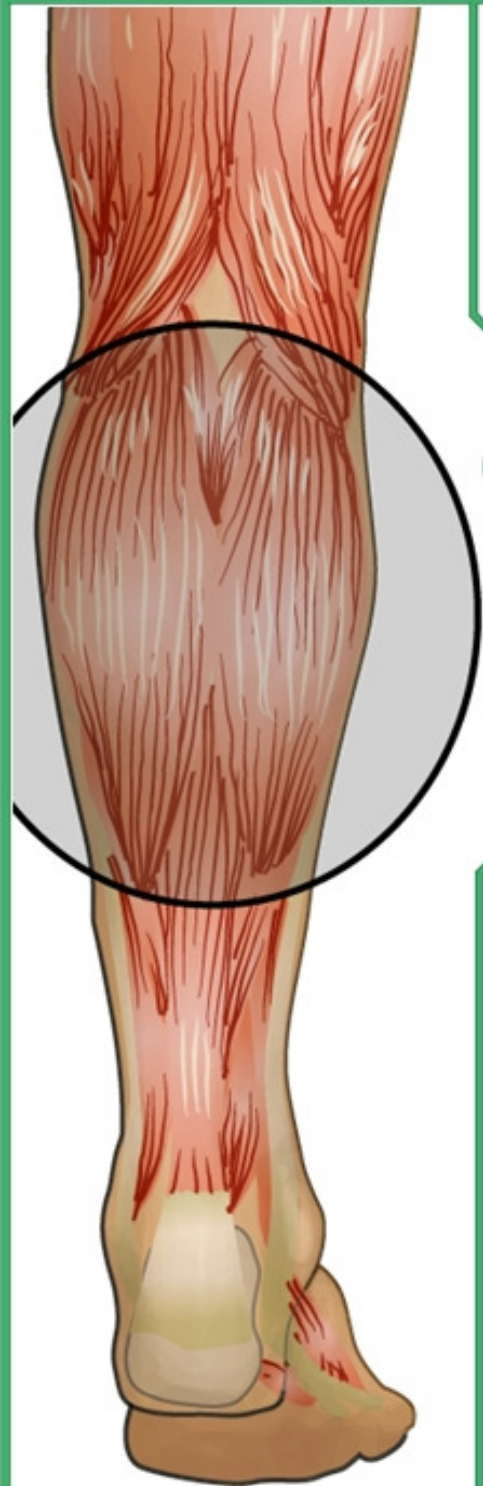
3

The oxygen goes to your muscles where it burns the sugar fuel.



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4
Your blood pipes can become narrow or blocked.

5
Oxygen doesn't get to your leg muscles.

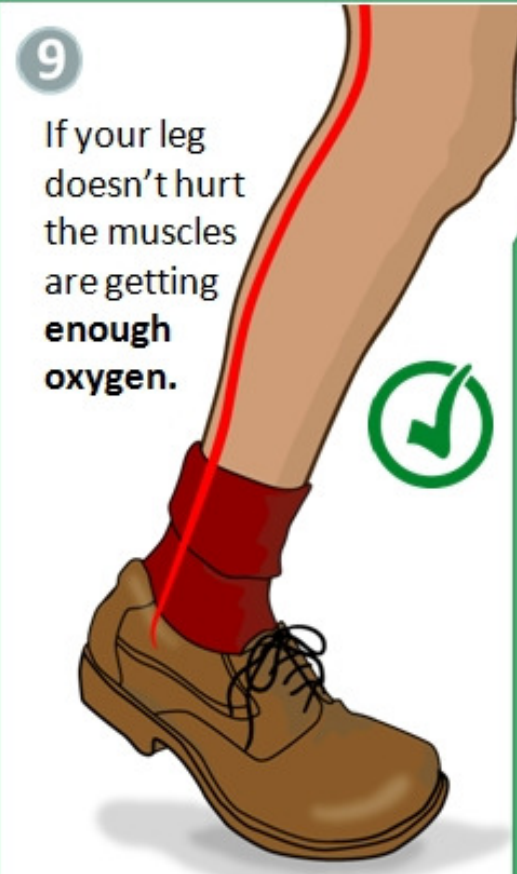


6
Your muscles hurt & you can have cramps.



7 When you visit your podiatrist or nurse, she will do a **walking test**.

8
You will have to walk a short distance.



9
If your leg doesn't hurt the muscles are getting **enough oxygen**.



10
If it hurts the muscles are **NOT** getting enough oxygen.

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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