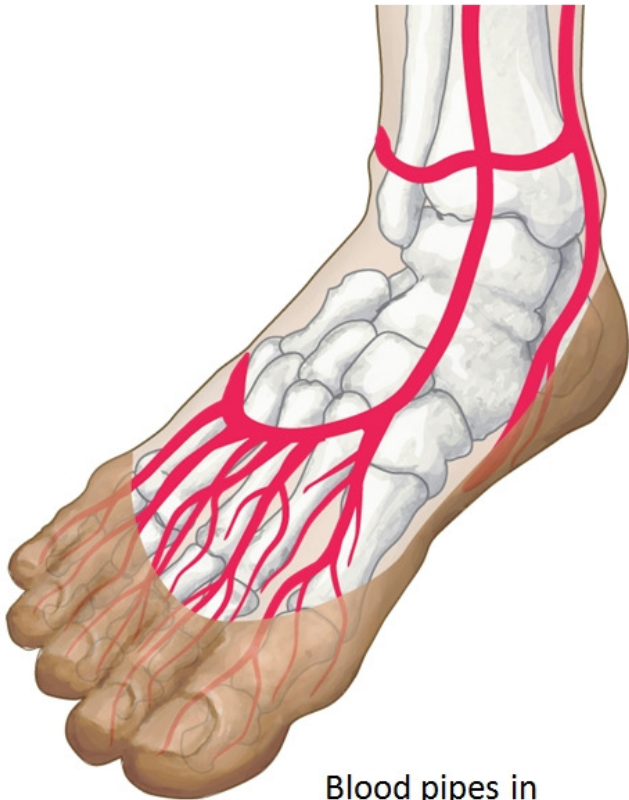


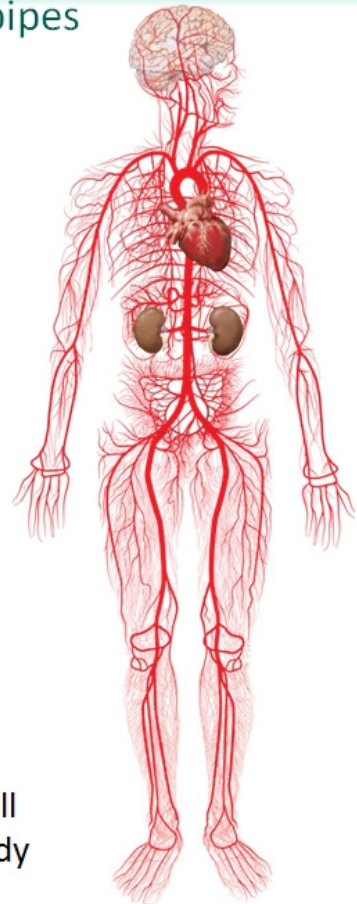
◆ Blood pipes



Blood pipes in your feet



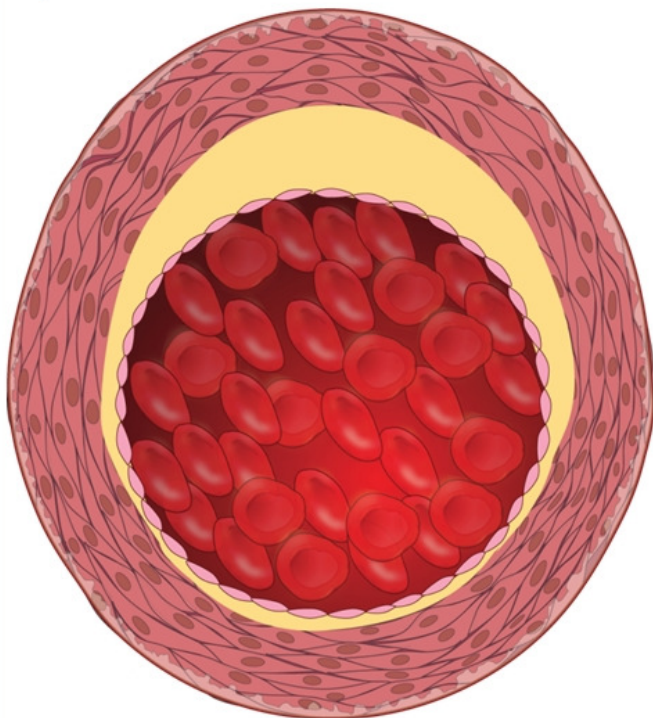
◆ Blood pipes



Blood pipes carry blood all over your body



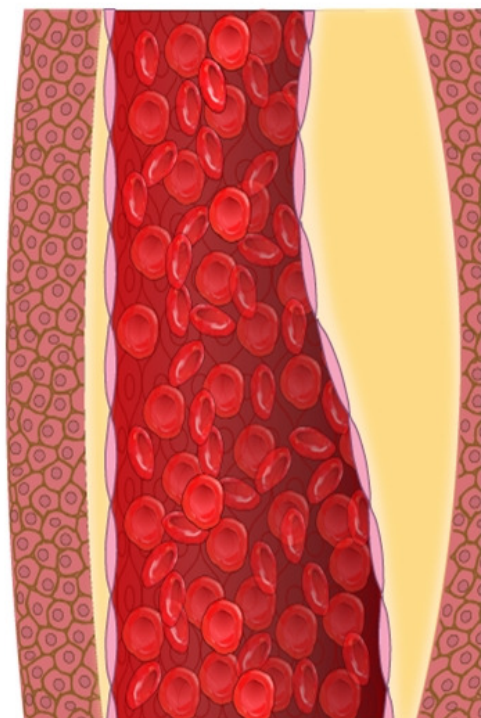
◆ Blood pipes



Damaged blood pipe



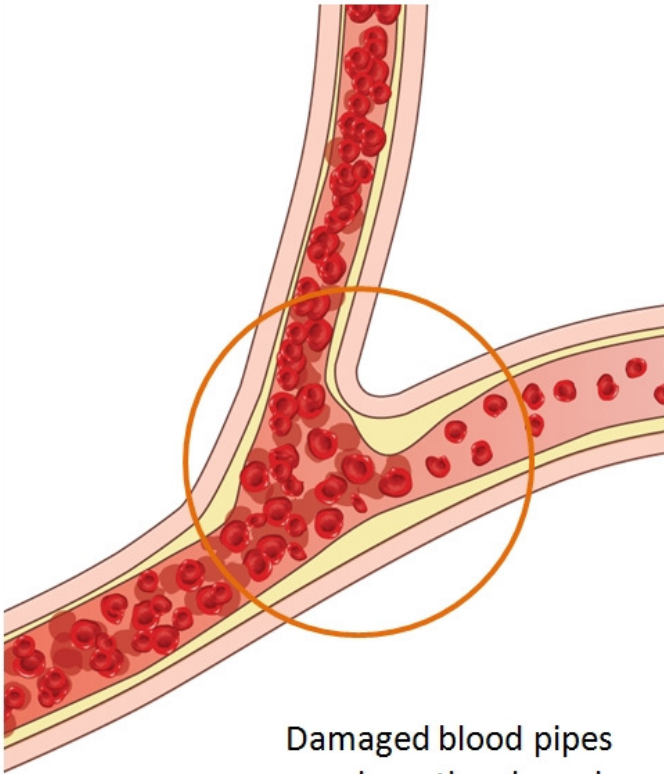
◆ Blood pipes



Damaged blood pipe



◆ Blood pipes



Damaged blood pipes where they branch



◆ Blood pipes



Oxygen not getting to the bottom of your leg and feet

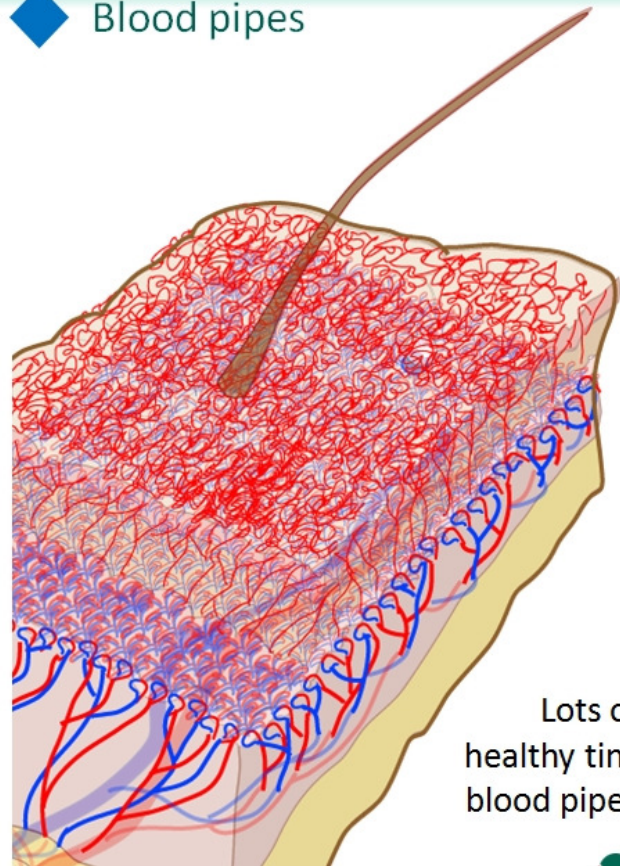


◆ Blood pipes

Get someone to check



◆ Blood pipes

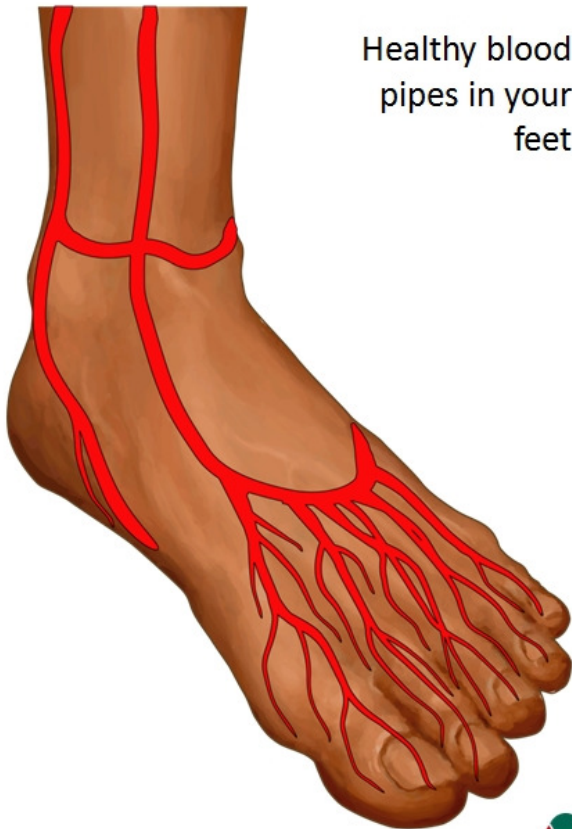


Lots of healthy tiny blood pipes





## Blood pipes



Healthy blood pipes in your feet

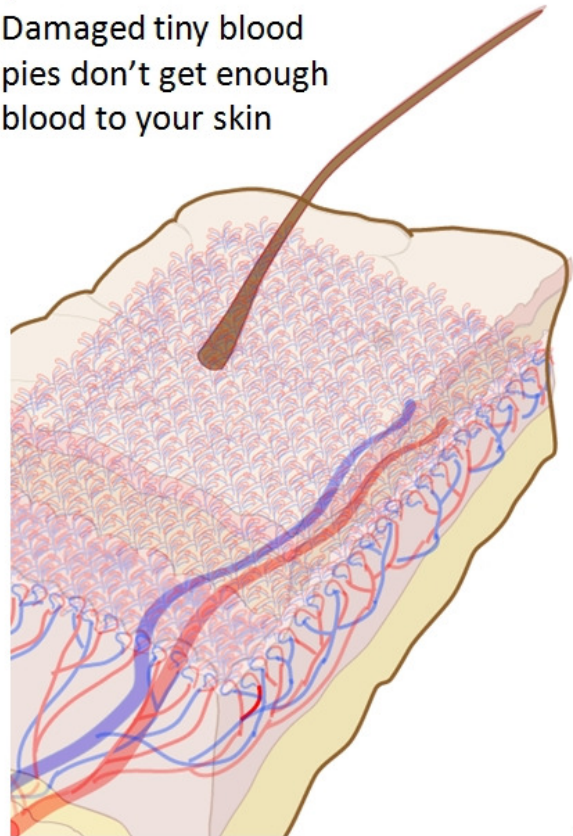
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## Blood pipes

Damaged tiny blood pipes don't get enough blood to your skin

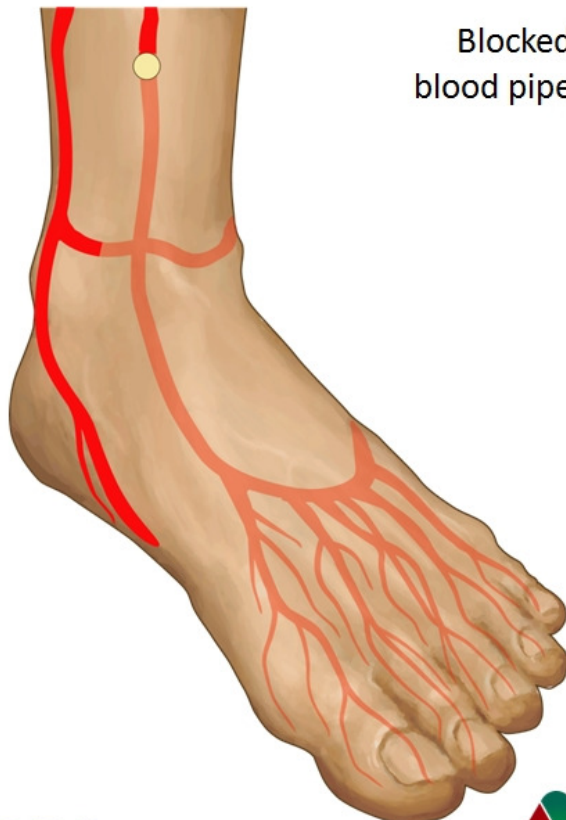


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## Blood pipes



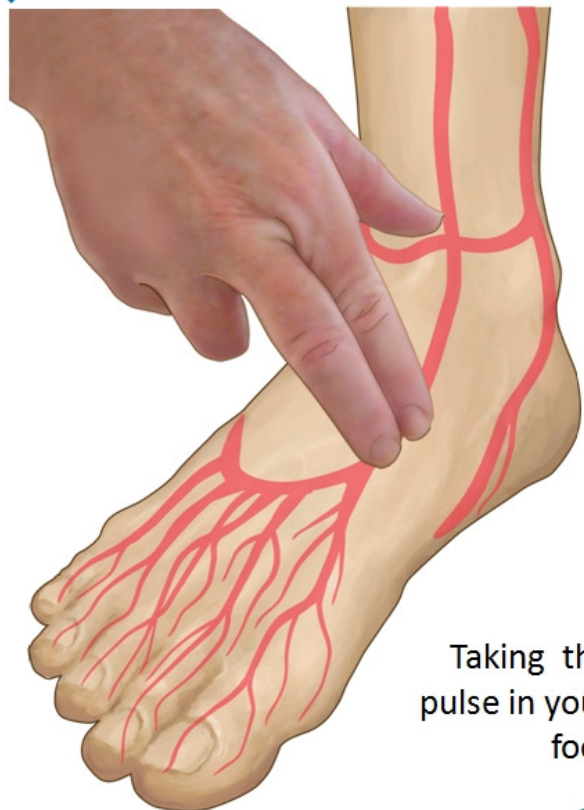
Blocked blood pipe

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## Blood pipes



Taking the pulse in your foot

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## ◆ Blood pipes

Taking the pulse in your foot



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## ◆ Blood pipes



Exercise is good for your feet

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## ◆ Blood pipes



Exercise is good for your feet

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## ◆ Blood pipes



Take your cholesterol medicine

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There is no need to print the following page when printing and using this resource

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### 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:

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Levels





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