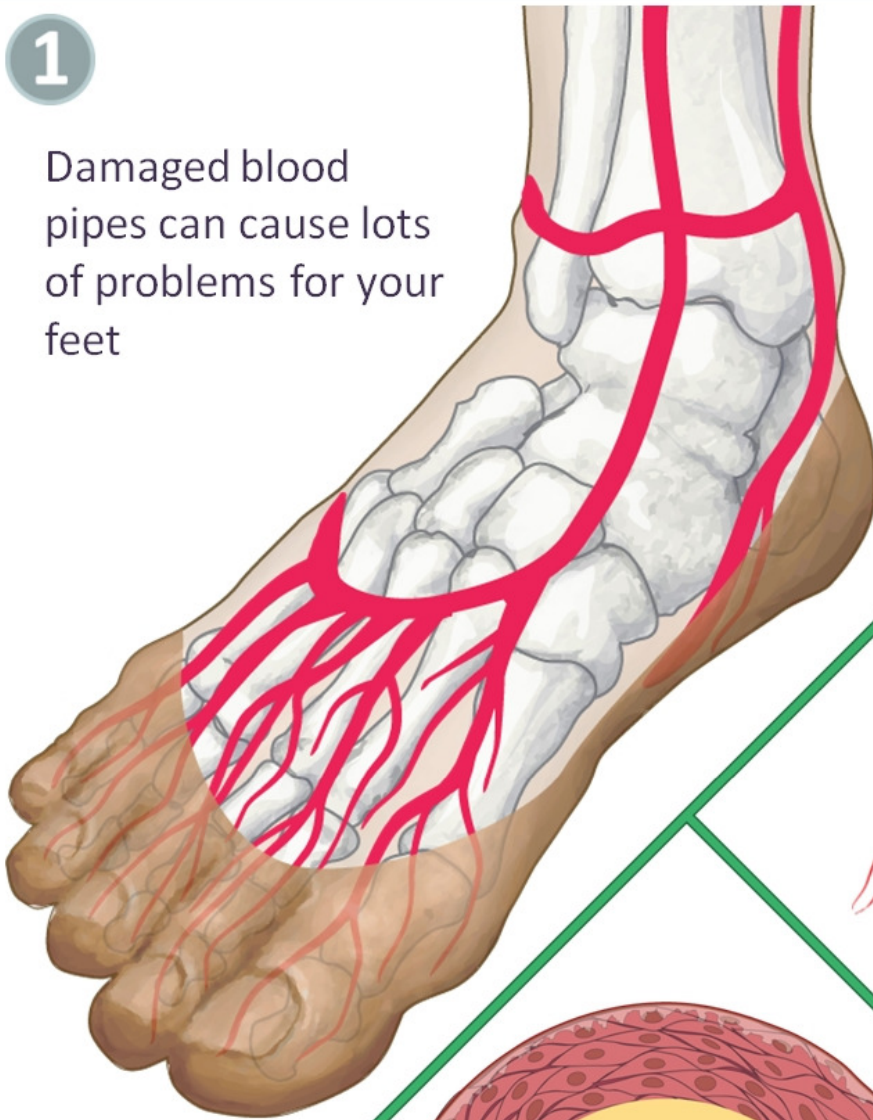


Blood pipes

Looking after your feet

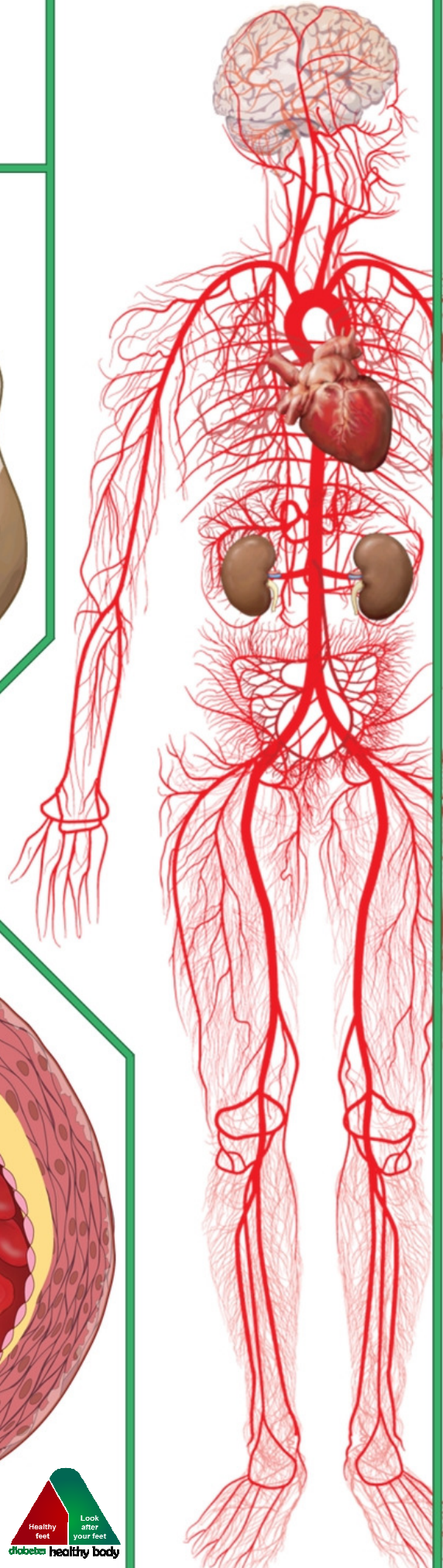
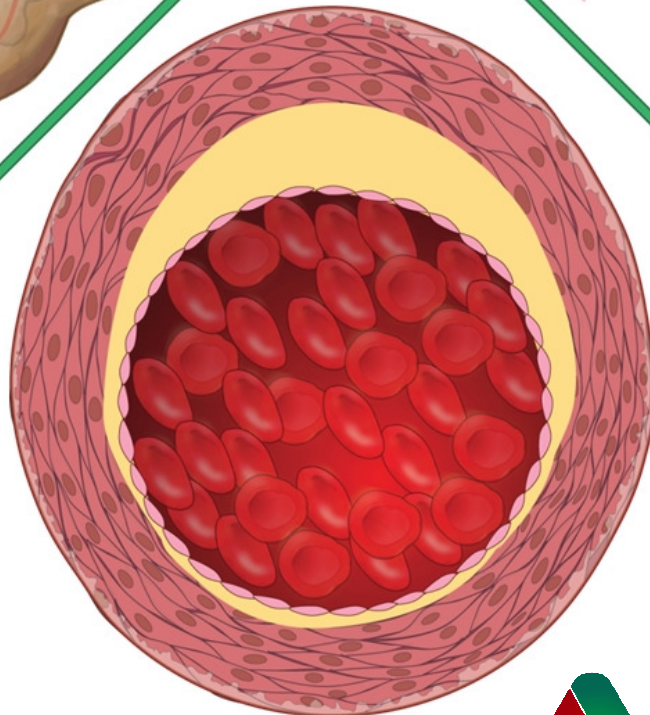
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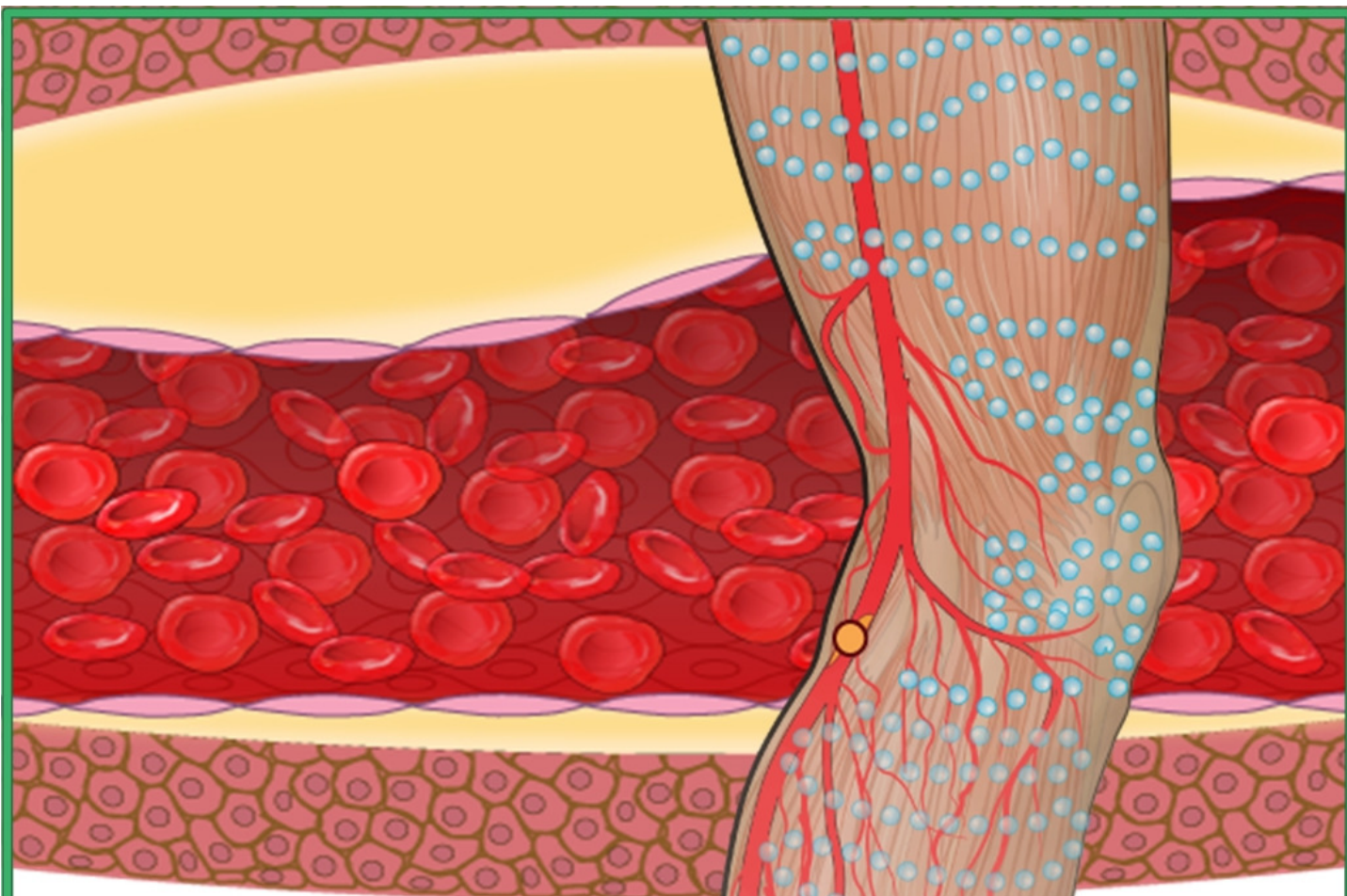
Damaged blood pipes can cause lots of problems for your feet



2

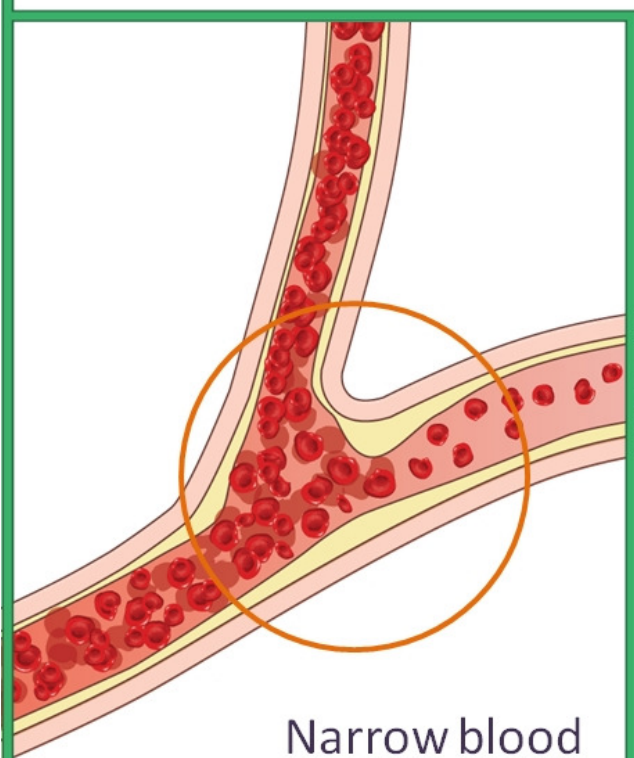
Fat can narrow your blood pipes



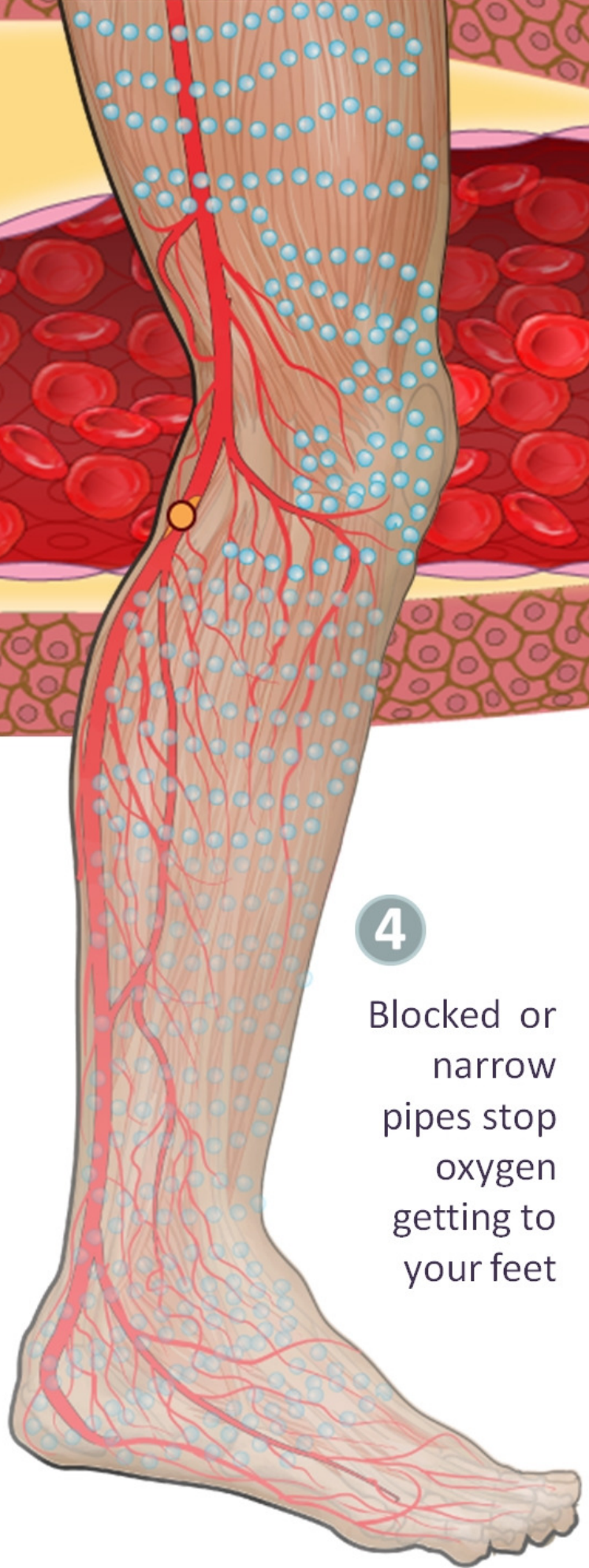


3 Big blood pipes carry the blood to your feet

4 Blocked or narrow pipes stop oxygen getting to your feet

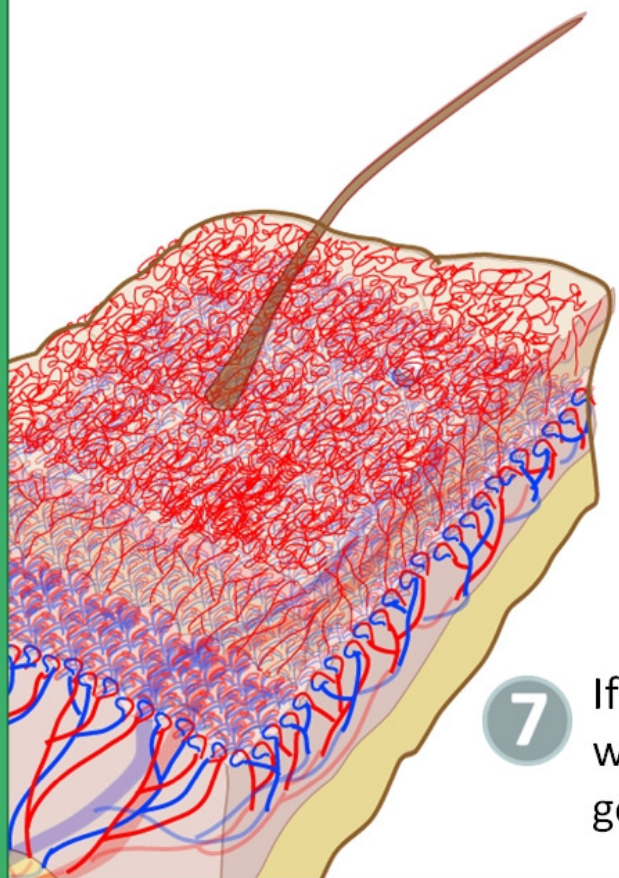


5 Narrow blood pipes slow your blood flow



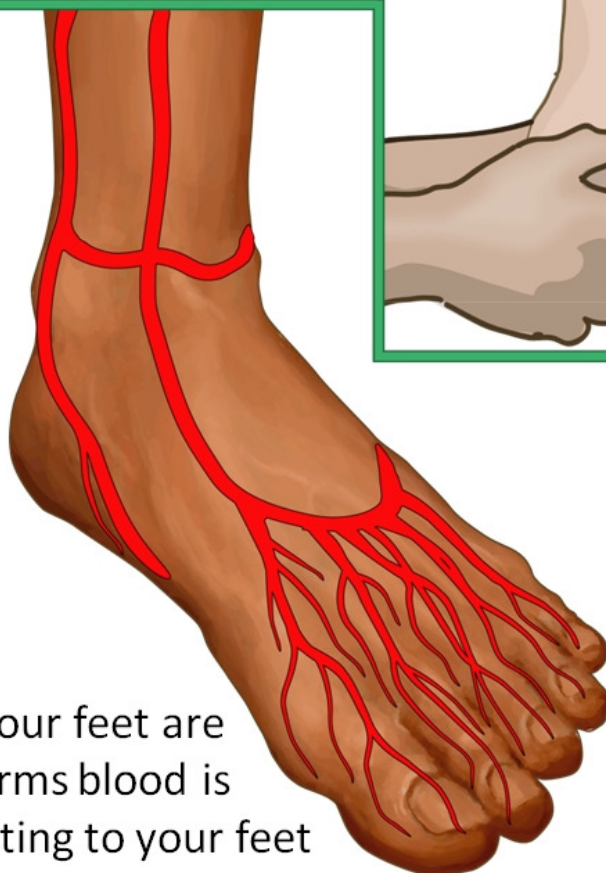
6

The podiatrist or nurse will feel your feet to see if they are warm or cold.



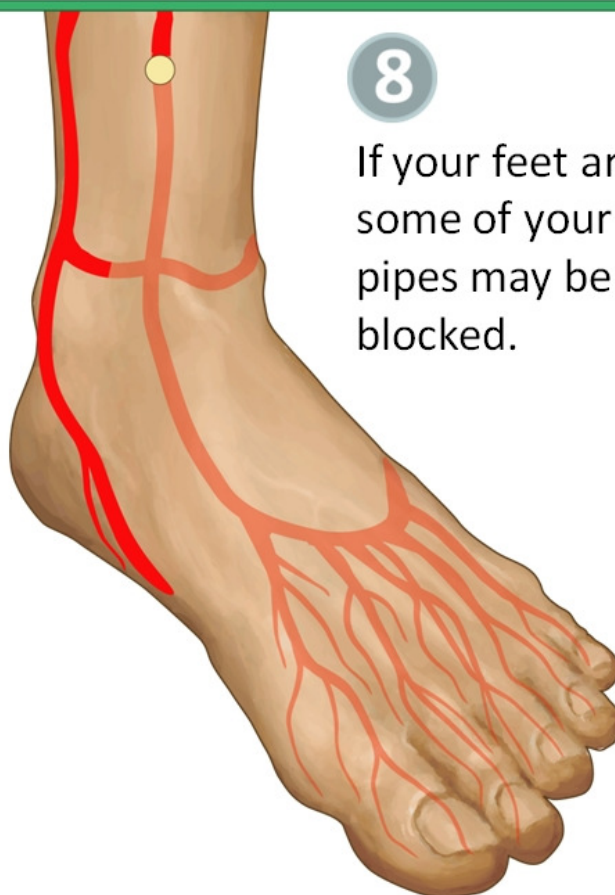
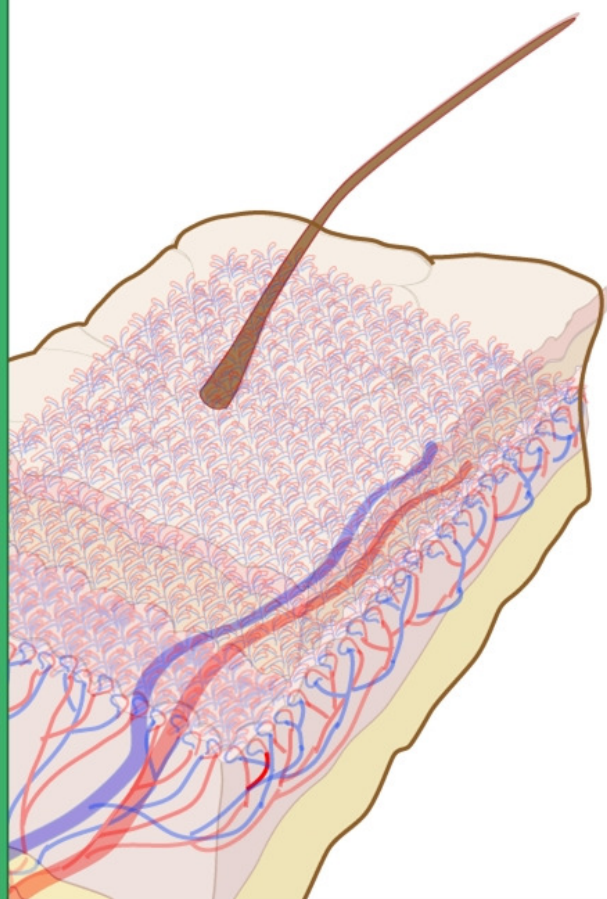
7

If your feet are warm blood is getting to your feet



8

If your feet are cold some of your blood pipes may be blocked.



10

Then feel your heel. A strong **pulse** show whether your are getting enough blood to your feet



9

The podiatrist or nurse will feel your foot on top.

11

Keep your blood pipes healthy by being active



12

You must take your cholesterol tablets to keep you pipes unblocked



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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