



9

The podiatrist or nurse will feel your foot on top.

10

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



11

Keep your blood pipes healthy by being active



12



You must take your cholesterol tablets to keep you pipes unblocked

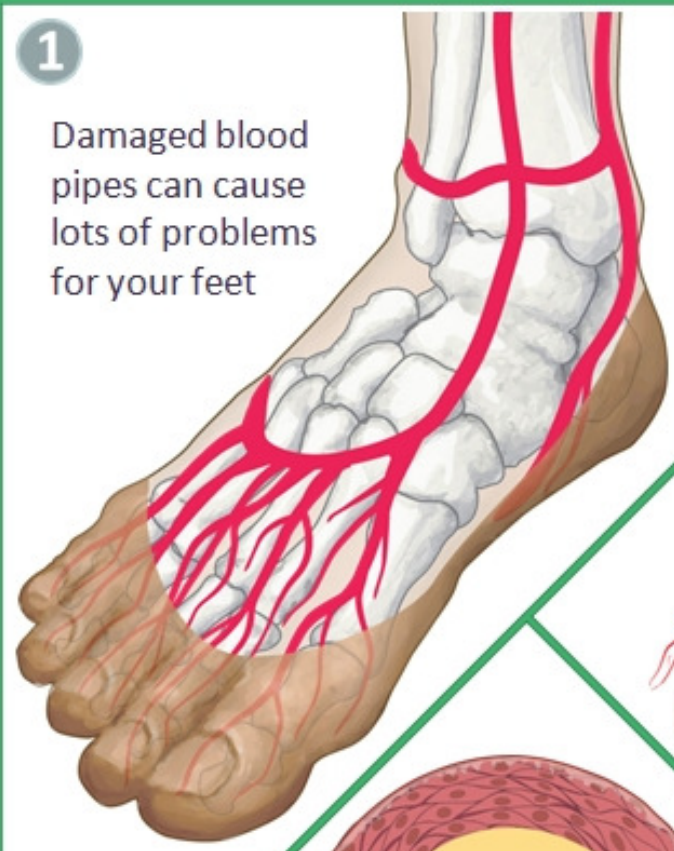
Diabetes Foot Care

Blood pipes

Looking after your feet

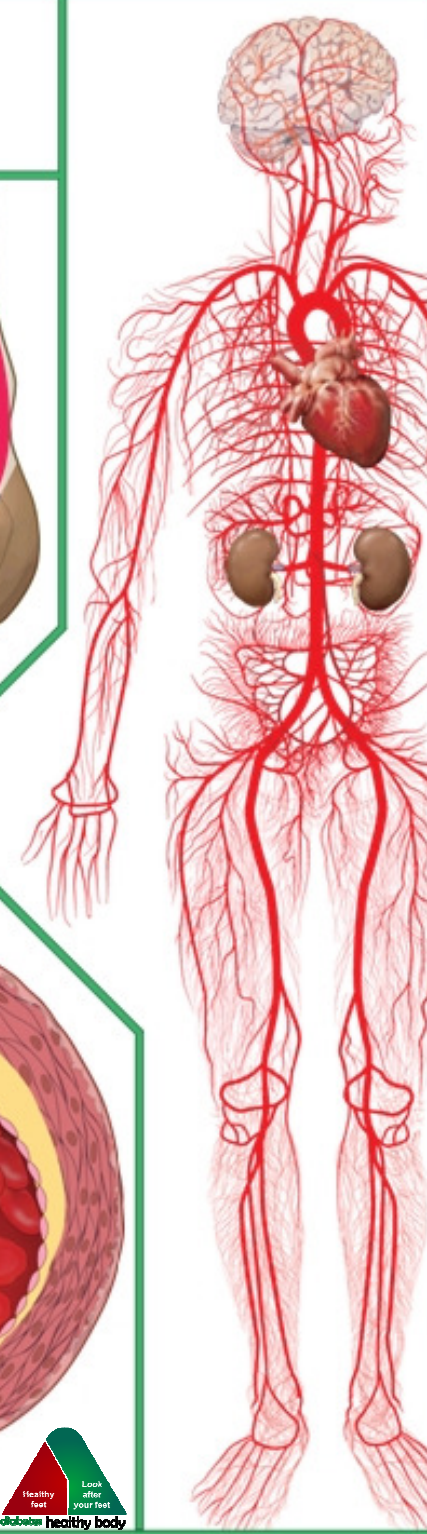
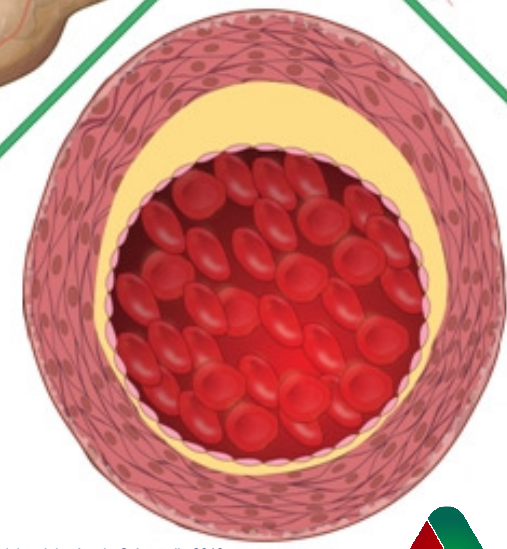
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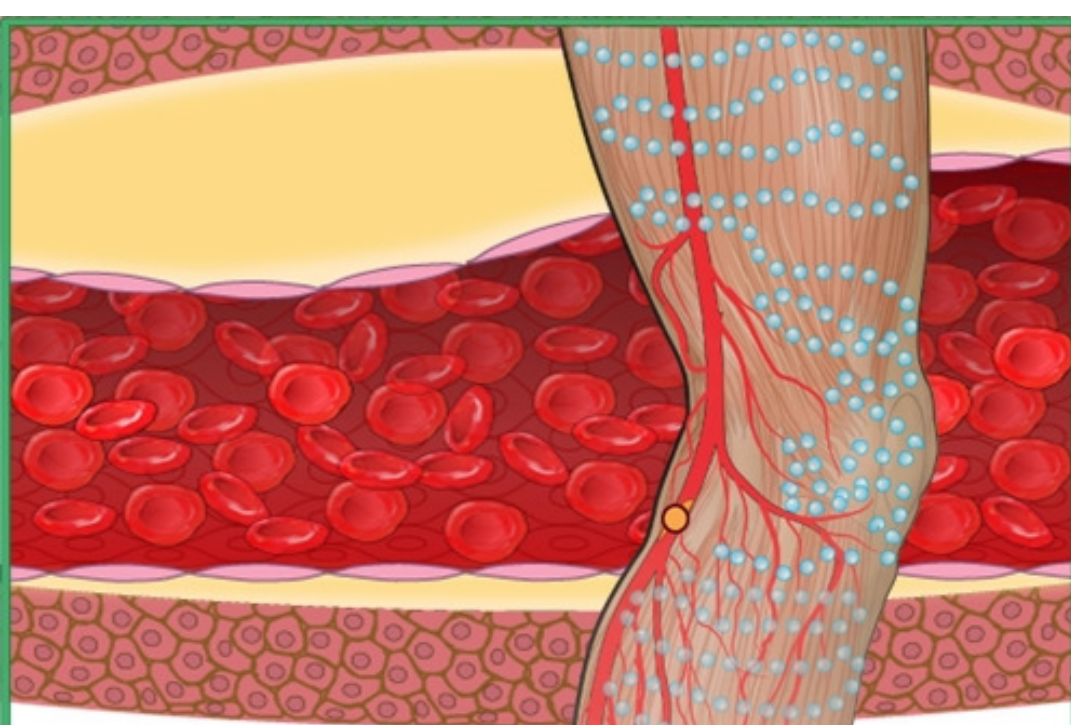
Damaged blood pipes can cause lots of problems for your feet



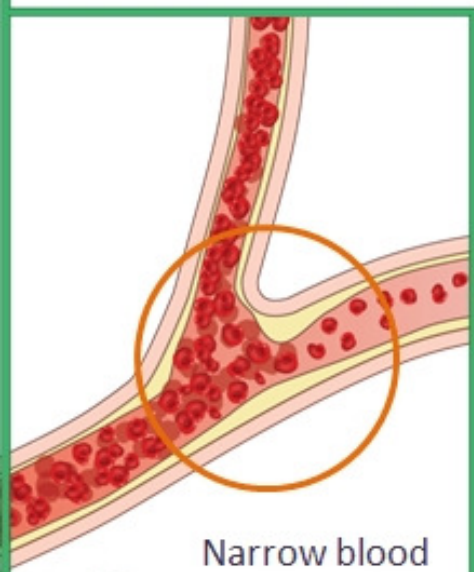
2

Fat can narrow your blood pipes

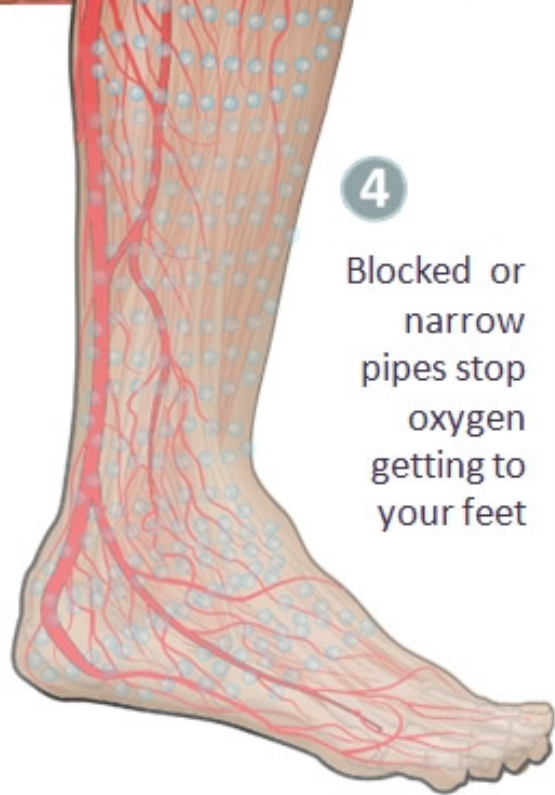




3 Big blood pipes carry the blood to your feet

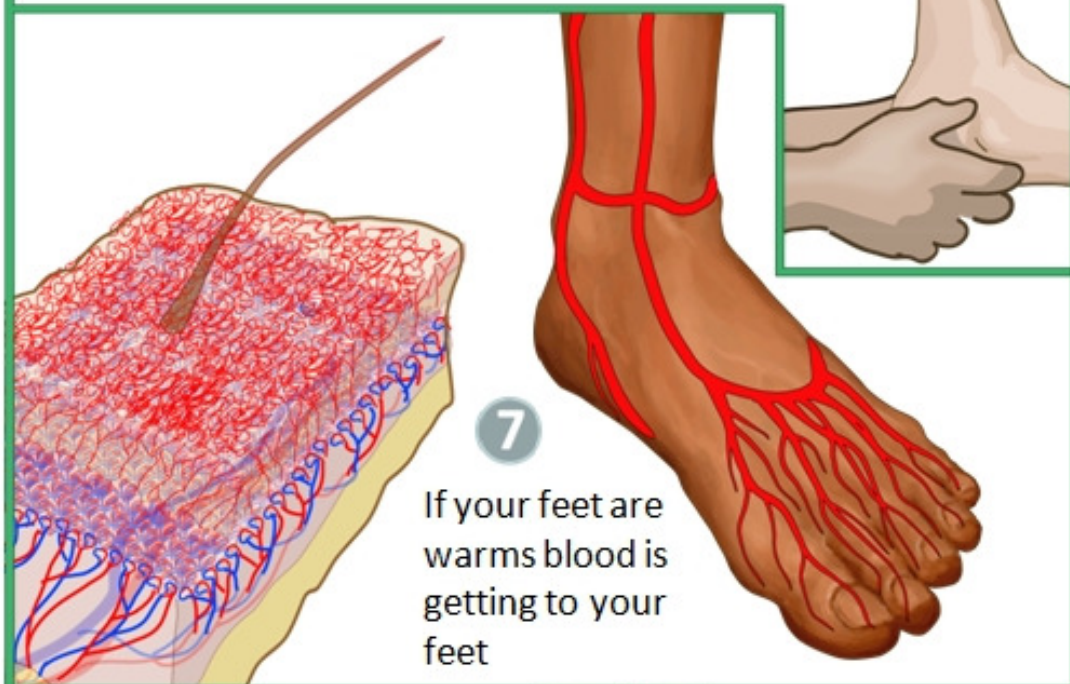


5 Narrow blood pipes slow your blood flow

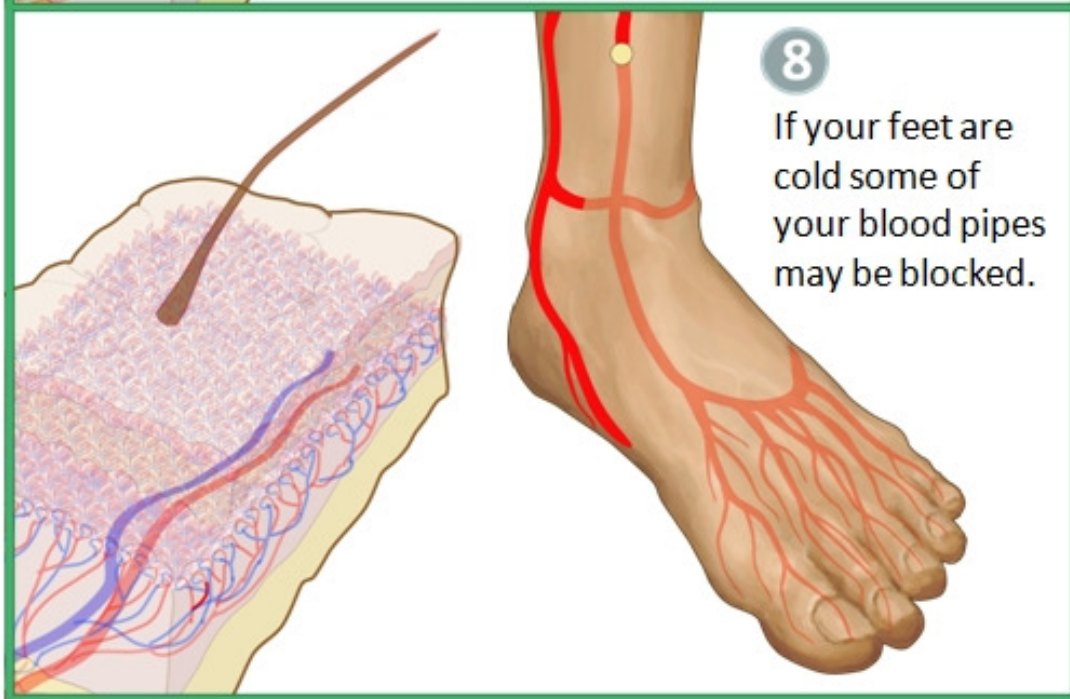


4 Blocked or narrow pipes stop oxygen getting to your feet

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.

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

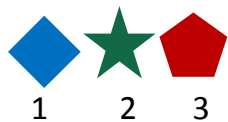
◆

Notes:

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

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Levels



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