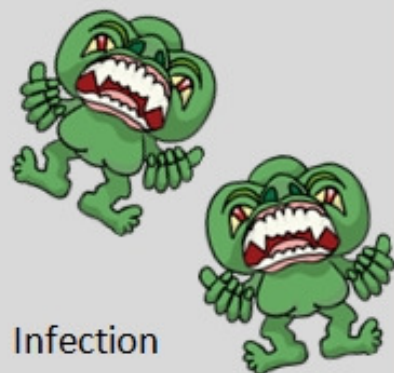


10

Infection



11

If you smoke you may be asking: "Where is my pinky?"



Diabetes Foot Care

Another reason to stop smoking

Looking after your feet

SMOKING DAMAGES YOUR FEET



Cigarettes

20

1

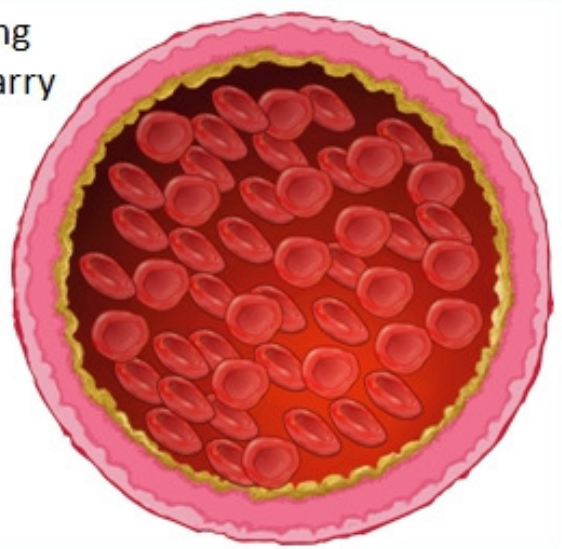


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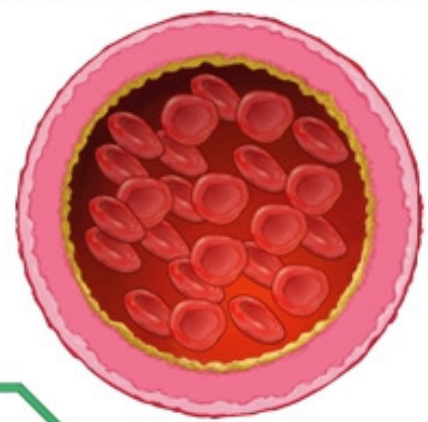
2

When your NOT smoking your blood pipes can carry lots of blood .



3

When you smoke your blood pipes narrow and can only carry HALF the amount of blood.



4

Only half as much blood is getting to your feet

5

When you are young your blood pipes are wide.



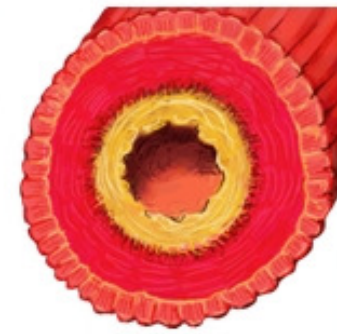
6

Then fat begins to sticks to the



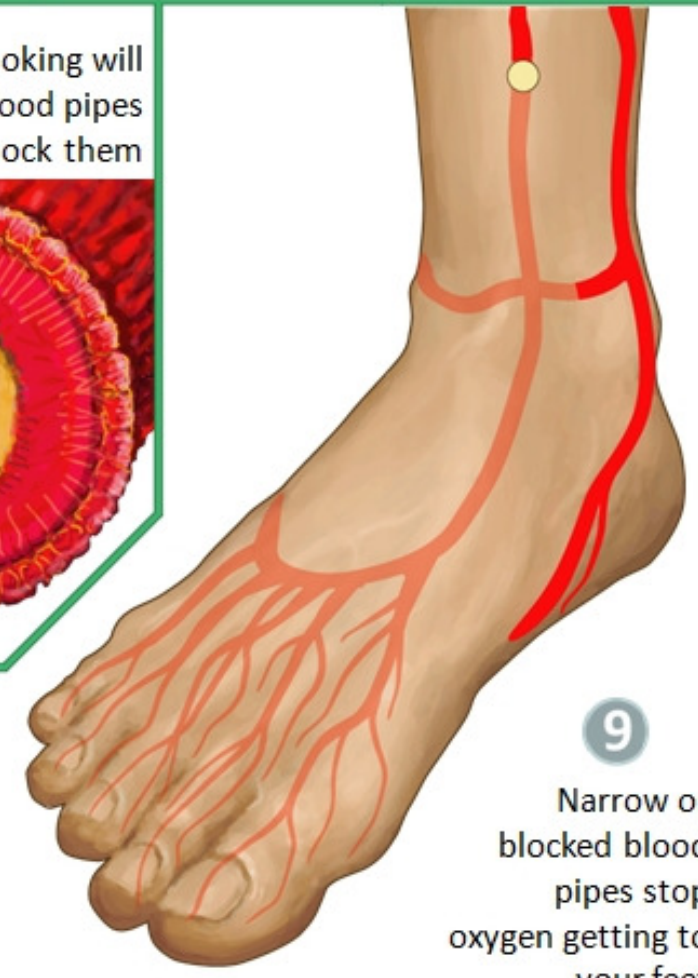
7

Later the fat becomes hard and narrows the pipe



8

Over time smoking will narrow your blood pipes and may block them



9

Narrow or blocked blood pipes stop oxygen getting to your feet

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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