

Diabetes Foot Care

Another reason to stop smoking

Looking after your feet

**SMOKING
DAMAGES
YOUR FEET**



Cigarettes

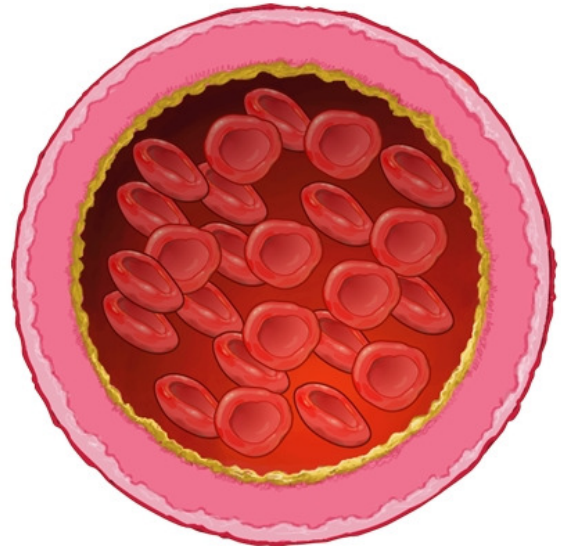
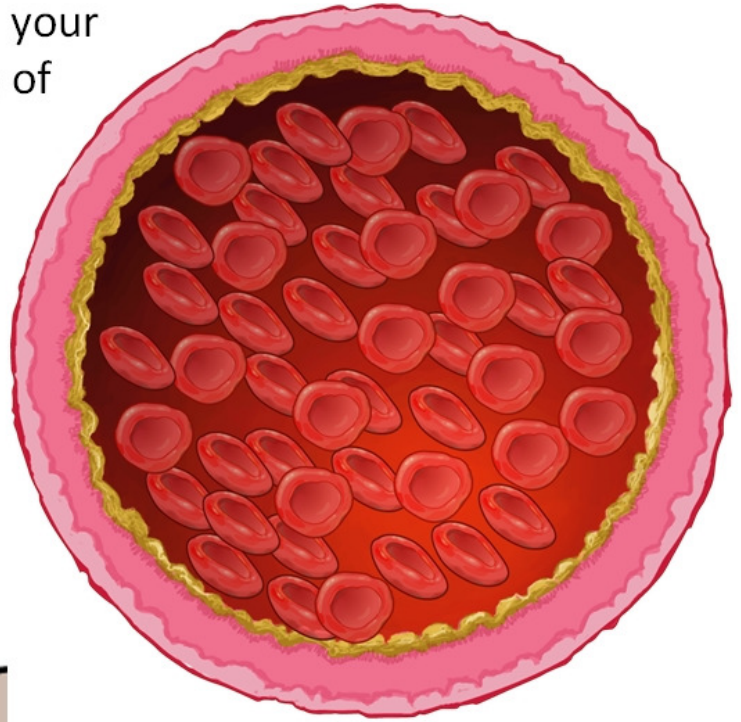
20

1



2

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



3

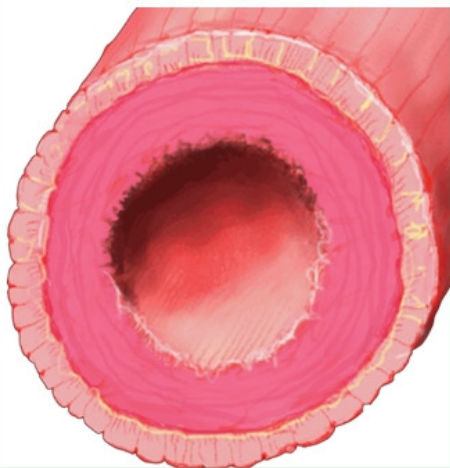
When you smoke your blood pipes narrow and can only carry HALF the amount of blood.



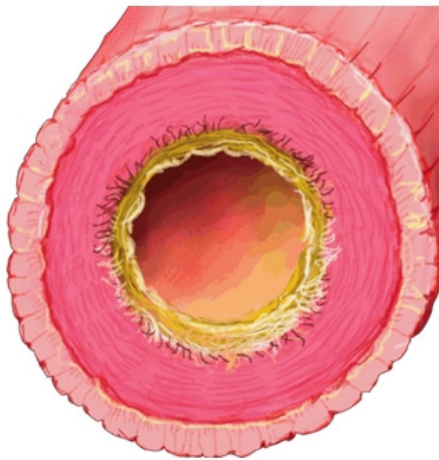
4

Only half as much blood is getting to your feet

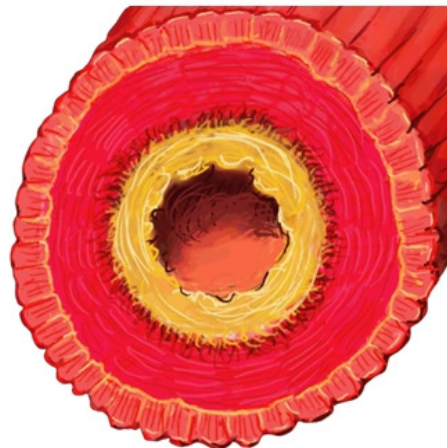
5 When you are young your blood pipes are wide.



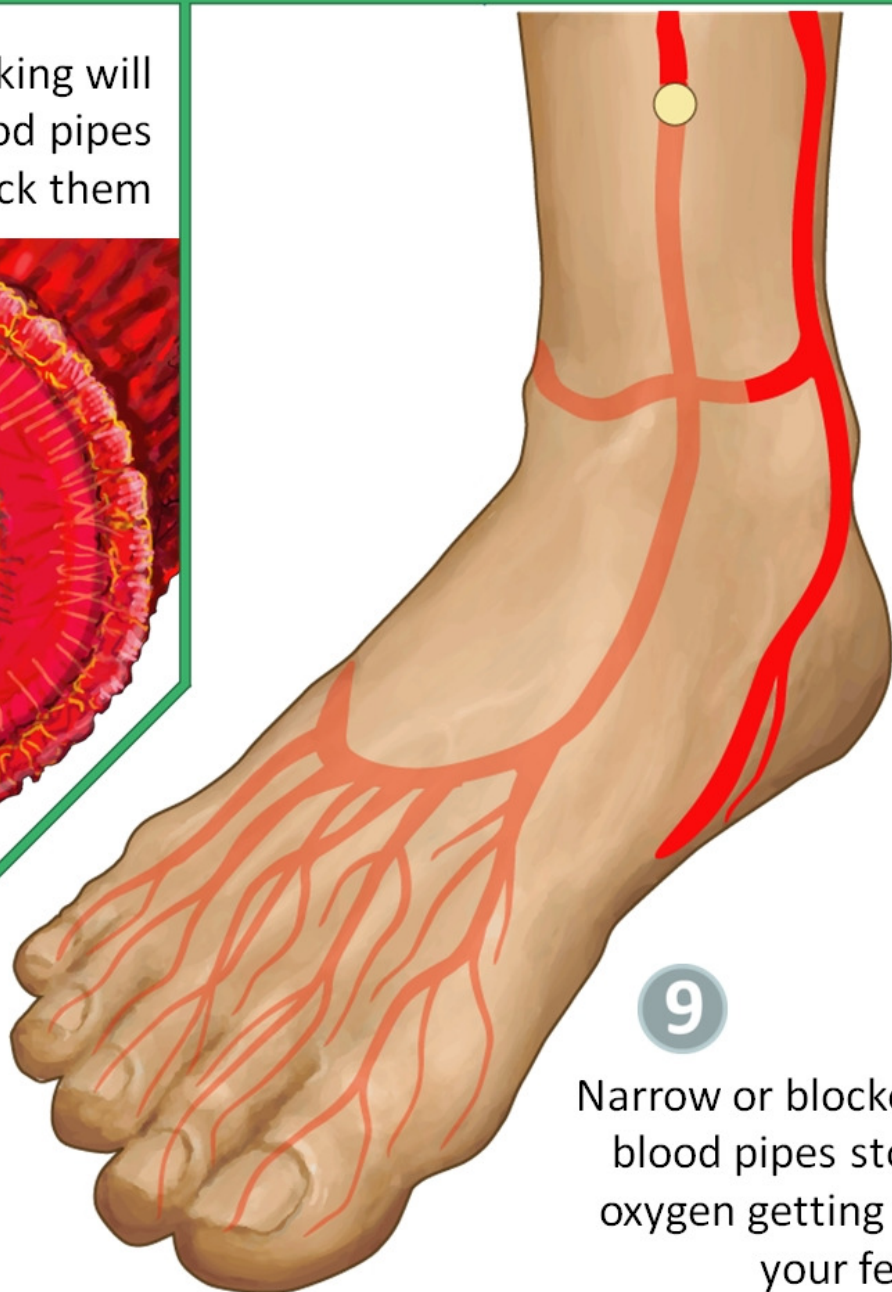
6 Then fat begins to stick to the



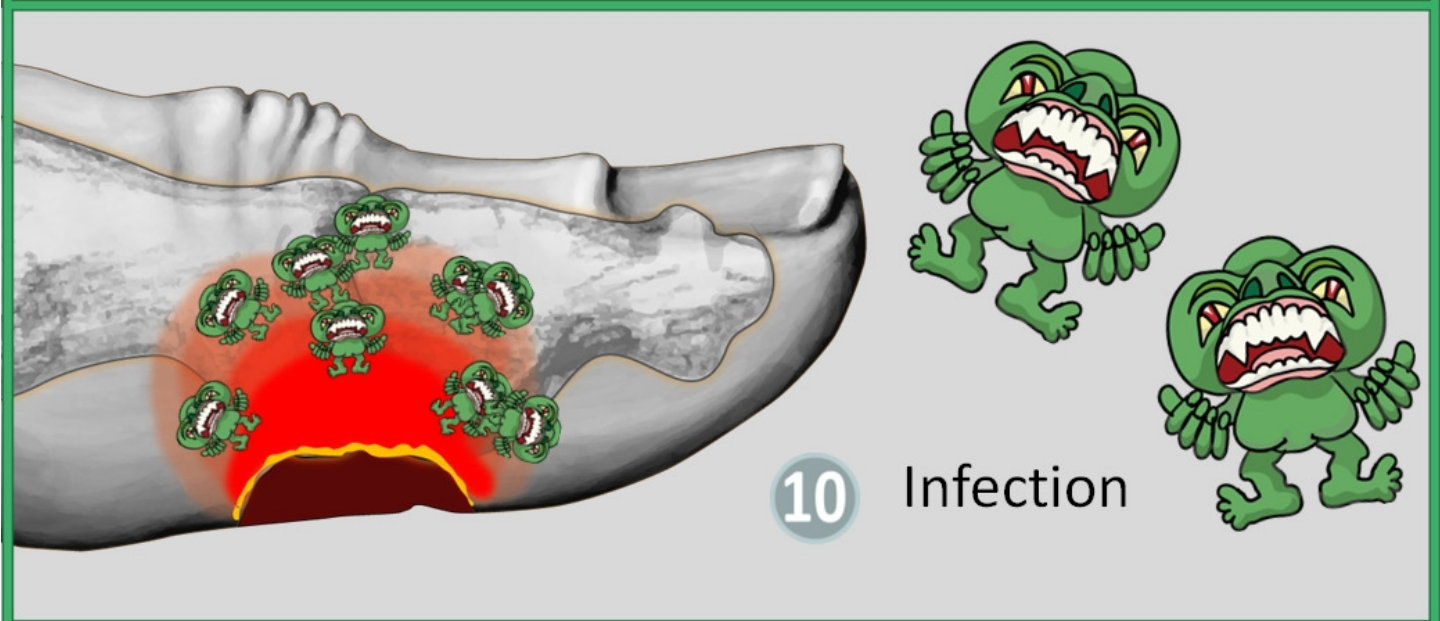
7 Later the fat becomes hard and narrows the pipe



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



10

Infection



11

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



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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