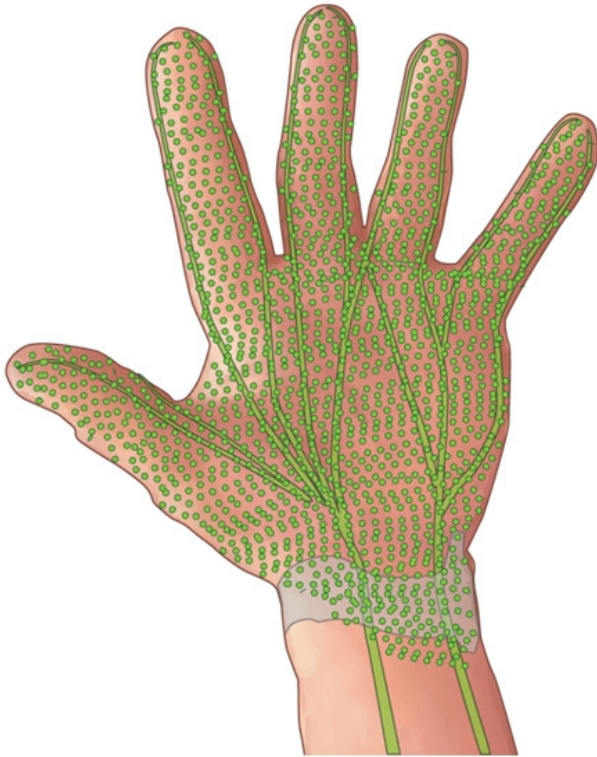


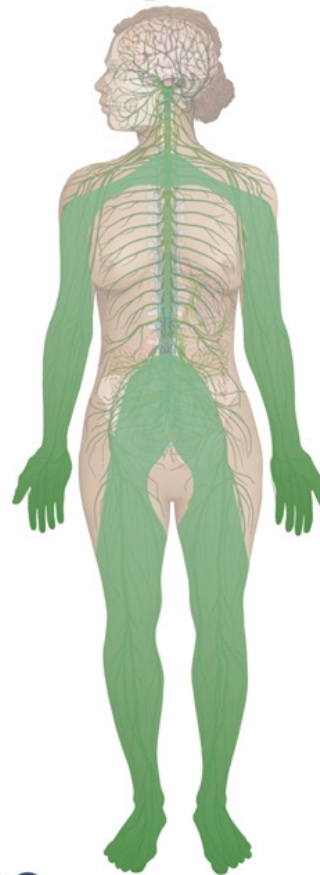
◆ Protecting nerves



Nerves in your hand



◆ Protecting nerves



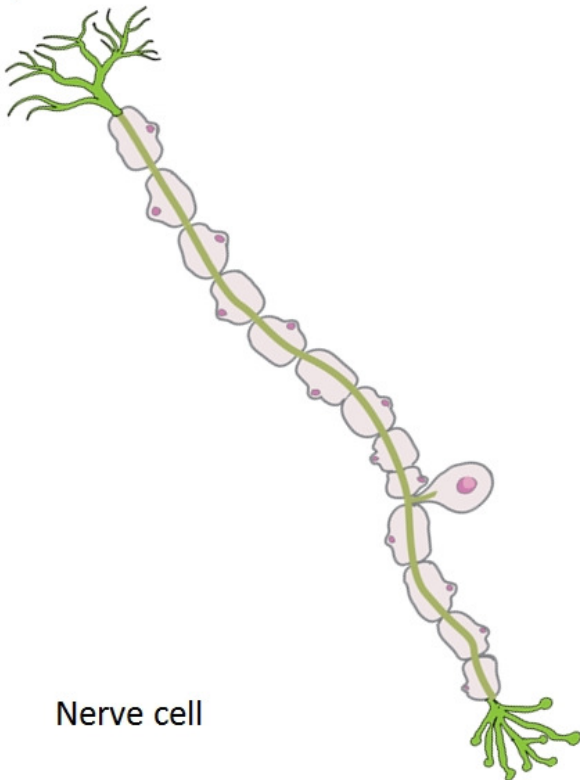
Peripheral nerves

In your hands

In your feet



◆ Protecting nerves



Nerve cell



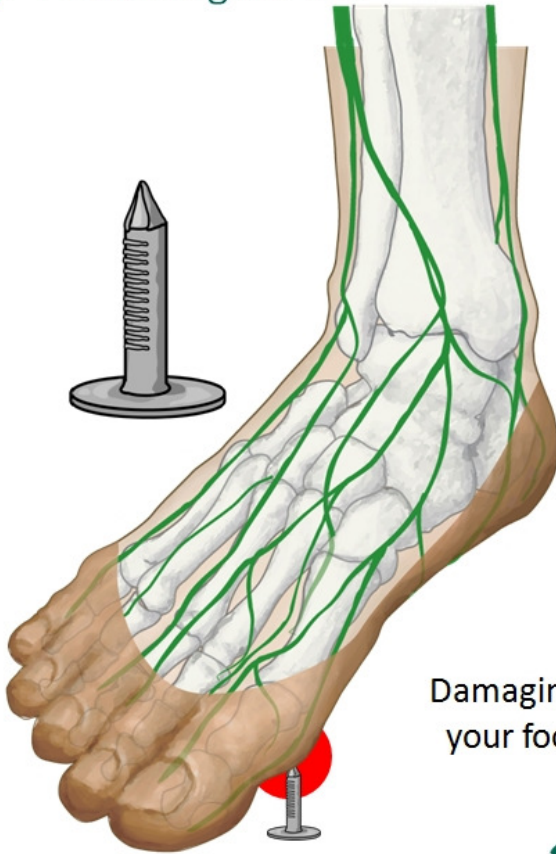
◆ Protecting nerves



Nerves in your feet



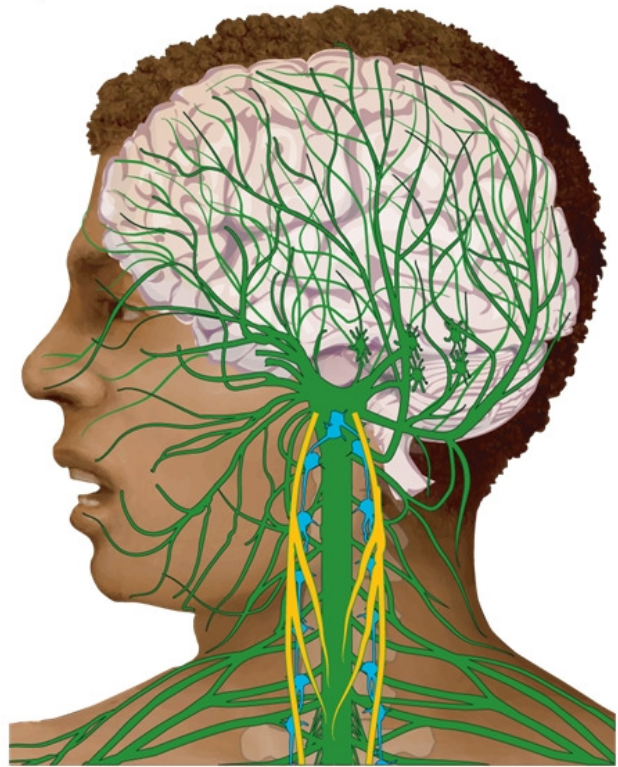
◆ Protecting nerves



Damaging your foot



◆ Protecting nerves



Nerves carry messages to your brain



◆ Protecting nerves



Nerve damage



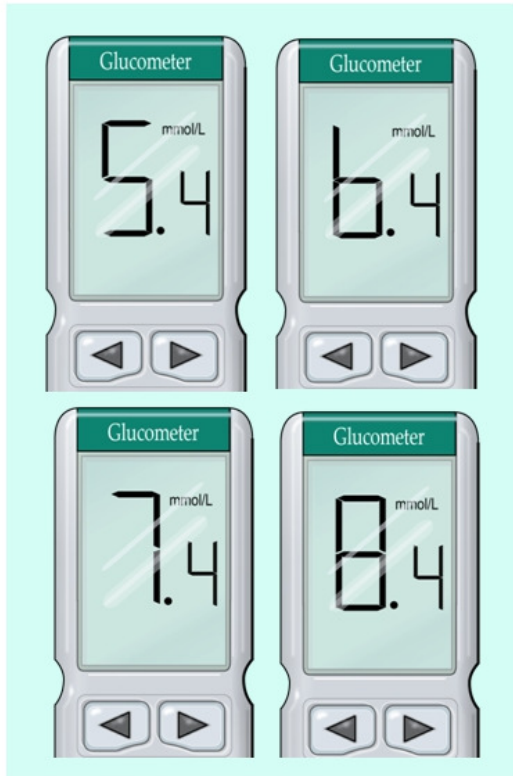
◆ Protecting nerves



Nerve damage



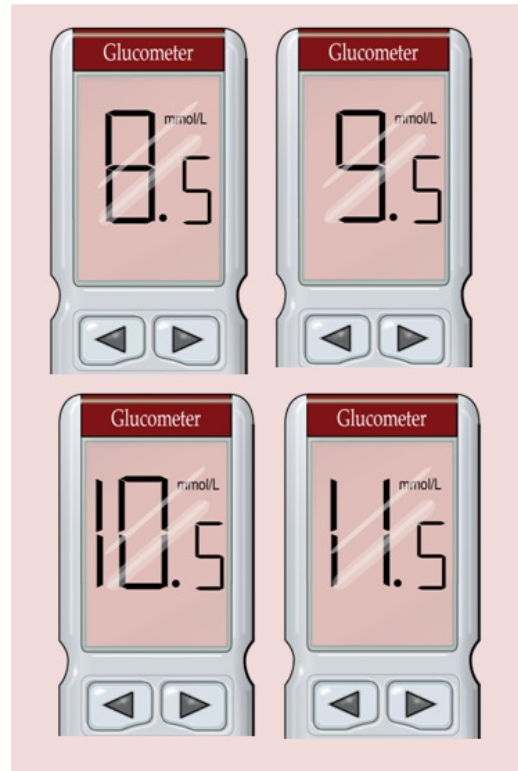
Protecting nerves



Good blood sugars levels



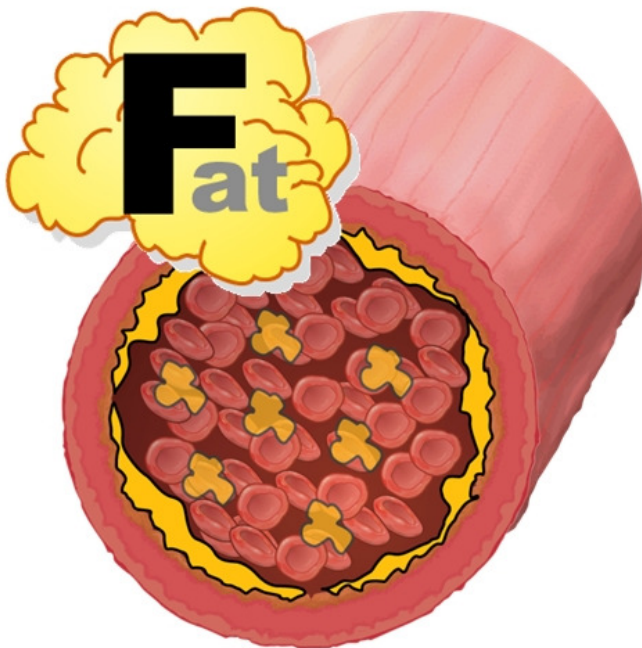
Protecting nerves



Poor to bad blood sugars levels



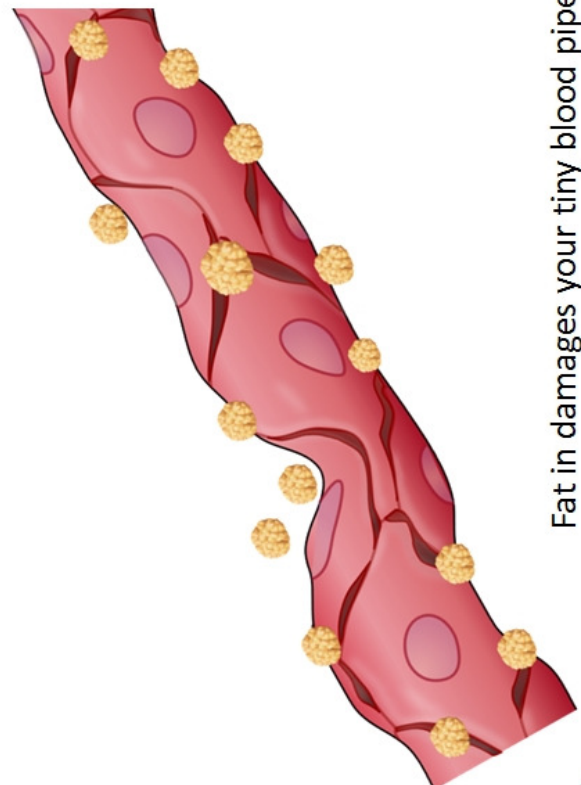
Protecting nerves



Fat in your blood pipes



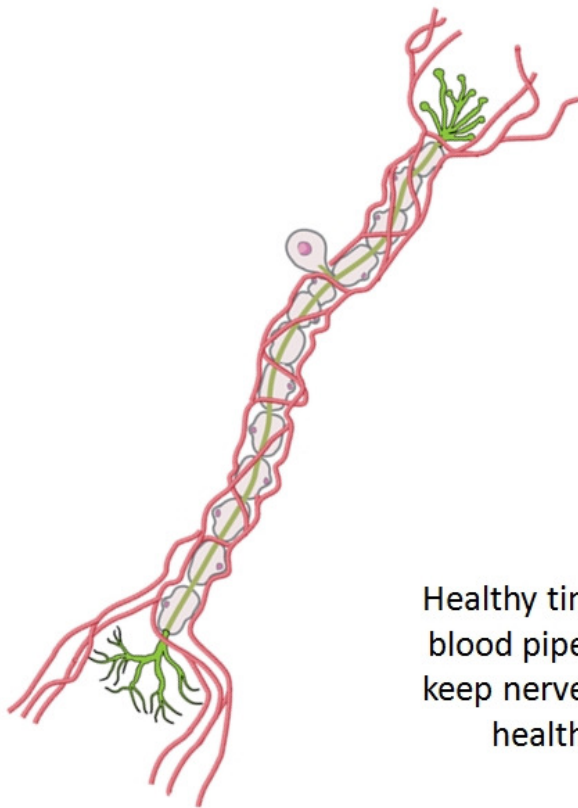
Protecting nerves



Fat in damages your tiny blood pipes

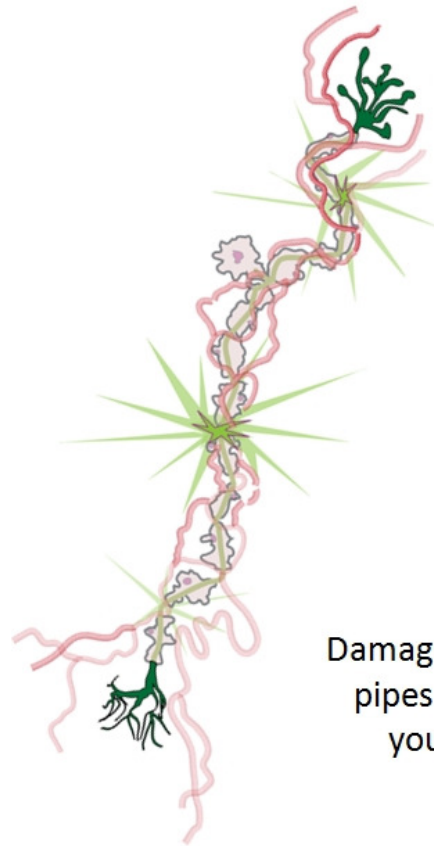


◆ Protecting nerves



Healthy tiny
blood pipes
keep nerves
healthy

◆ Protecting nerves



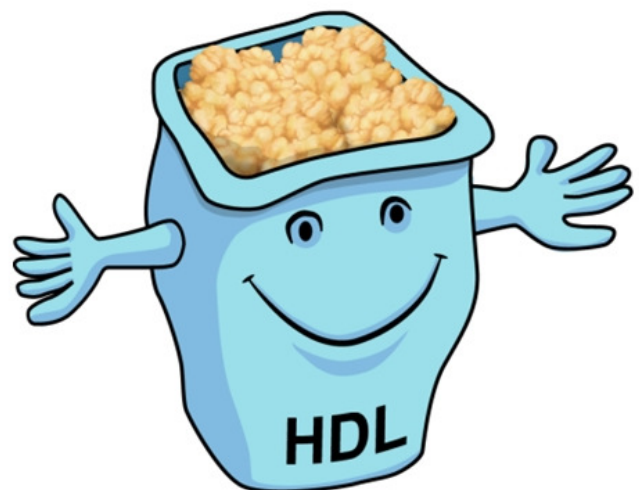
Damaged blood
pipes damage
your nerves

◆ Protecting nerves



Take your cholesterol medicine

◆ Protecting nerves



Good cholesterol should be more
than 1 mmol/L

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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