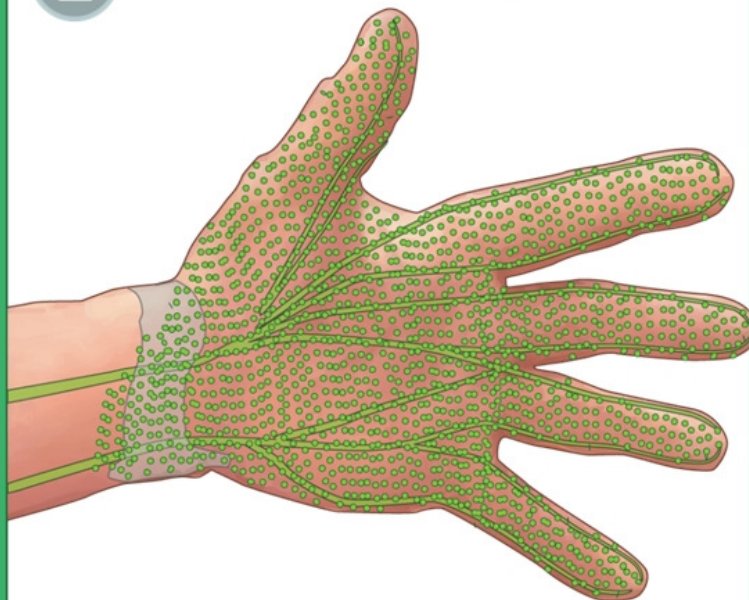


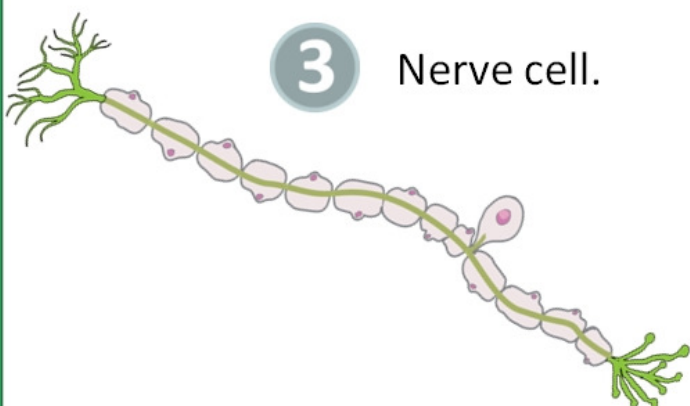
Protecting nerves

Looking after your feet

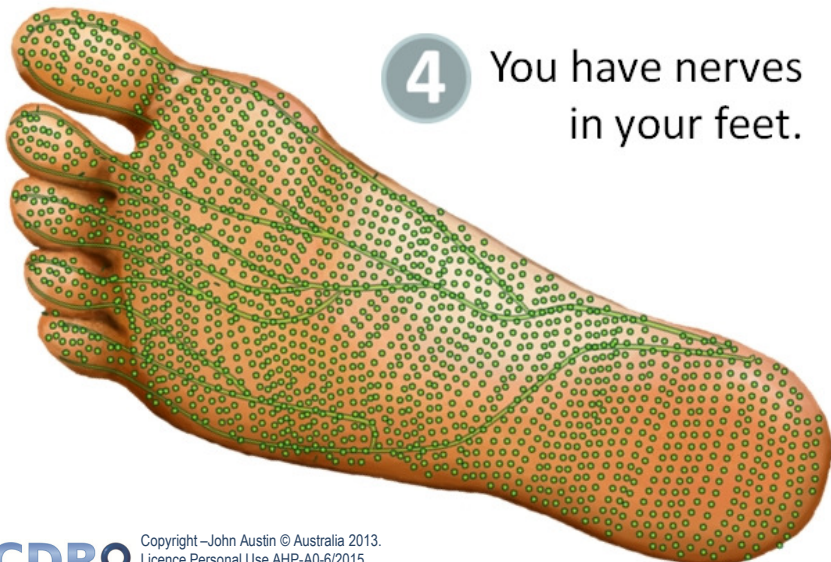
2 You have nerves in your hand.



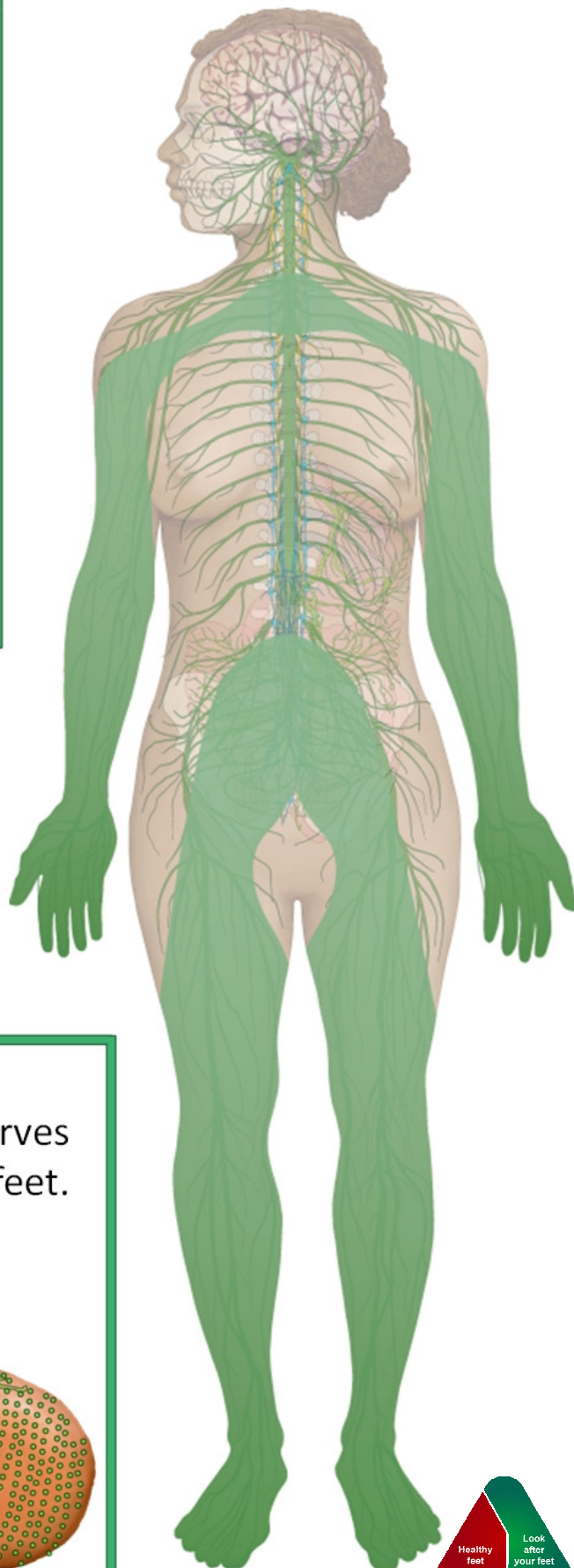
3 Nerve cell.

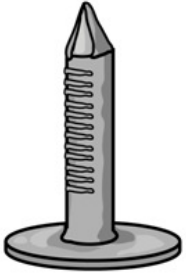


4 You have nerves in your feet.



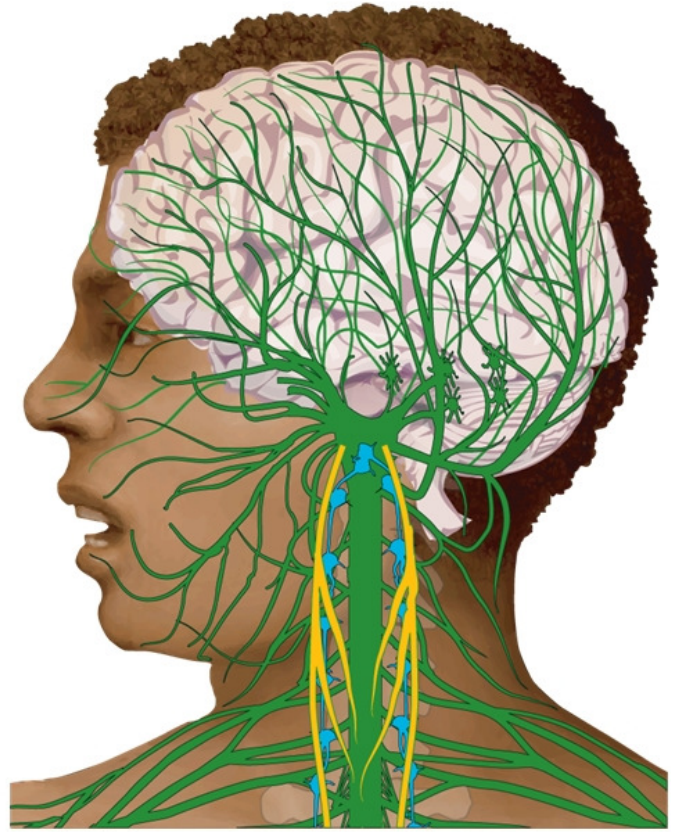
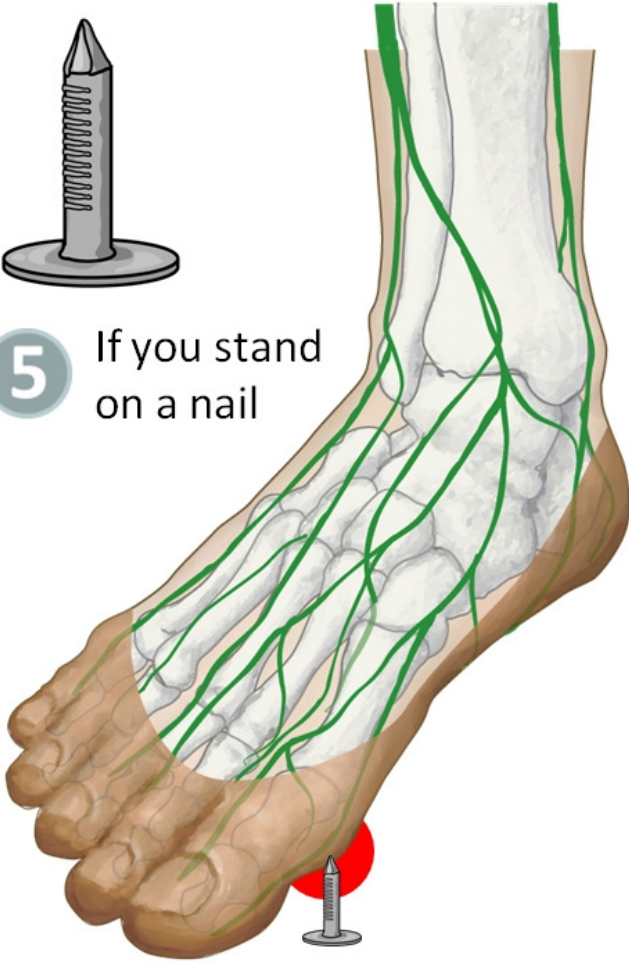
1 Nerves help you feel heat cold and pain.





5

If you stand on a nail

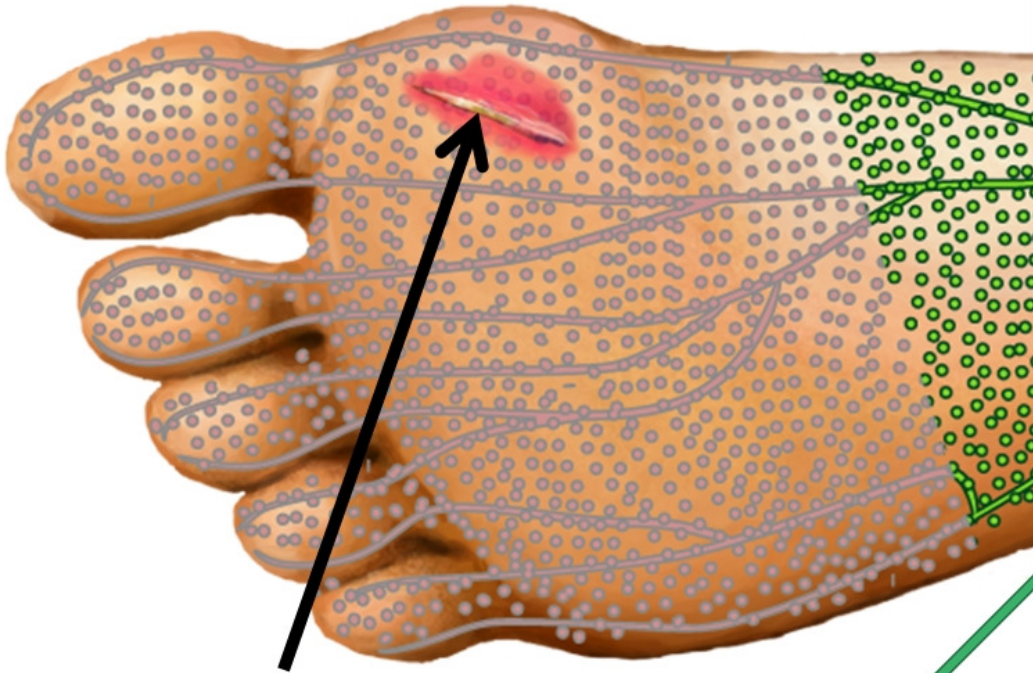


6

Your nerves send a pain to your brain

7

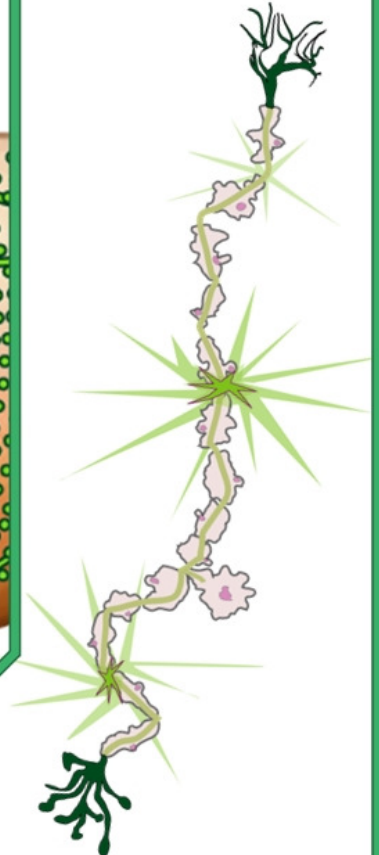
If you have had diabetes for a long time you may not feel pain because you have nerve damage



You can get bad sores

8

Damaged nerve





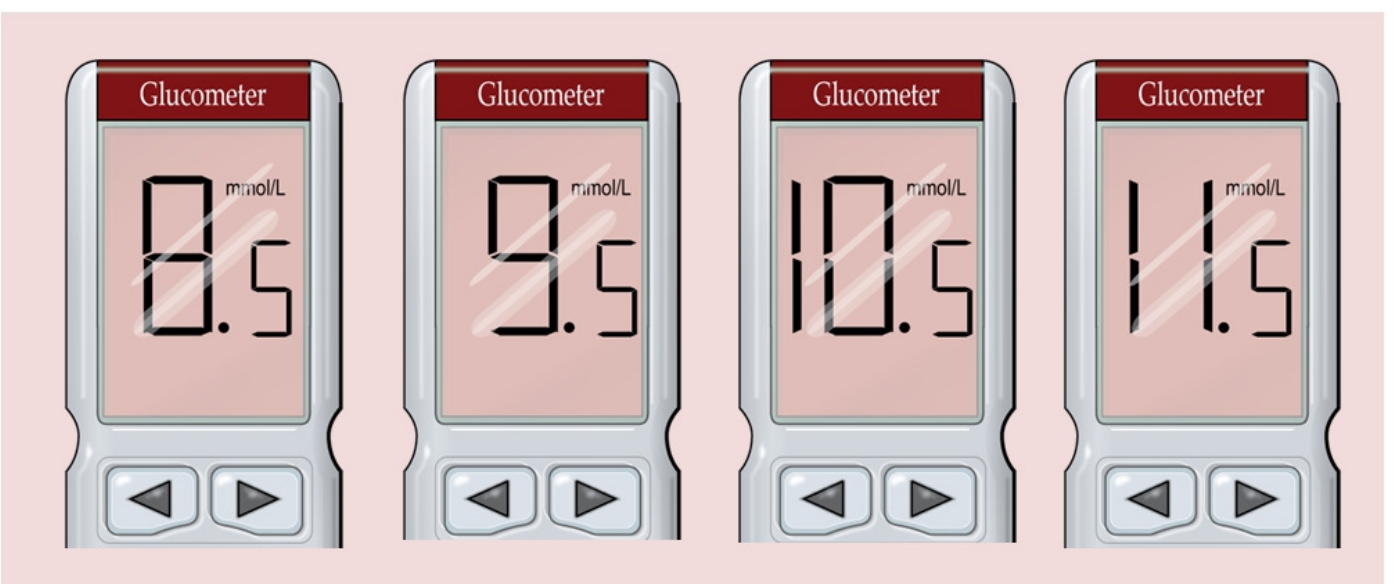
- 9 Having high blood sugar levels for a long time will cause nerve damaged.

If you have Type 2 diabetes your blood sugar should be less than **8.5** mmol/L **2** hours after a meal.

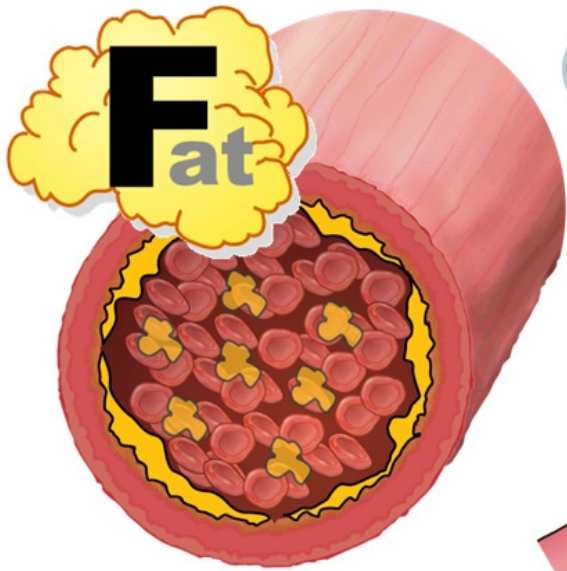
- 10 These are good numbers 2 hours after eating.



- 11 These are poor numbers 2 hours after eating.

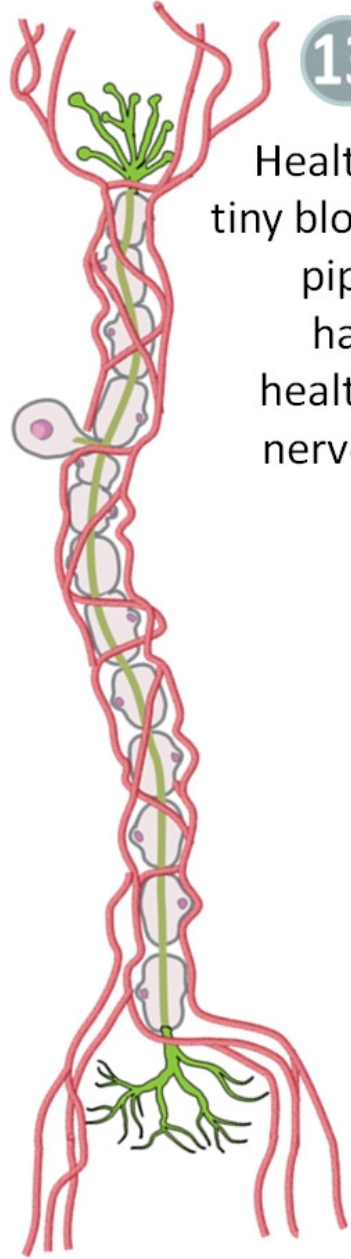
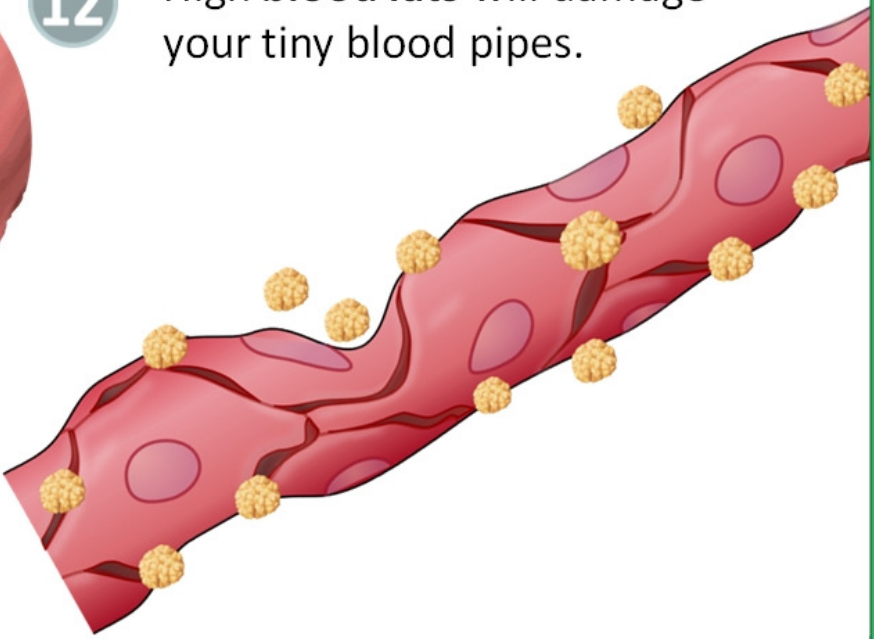


You must try and have good blood sugar control



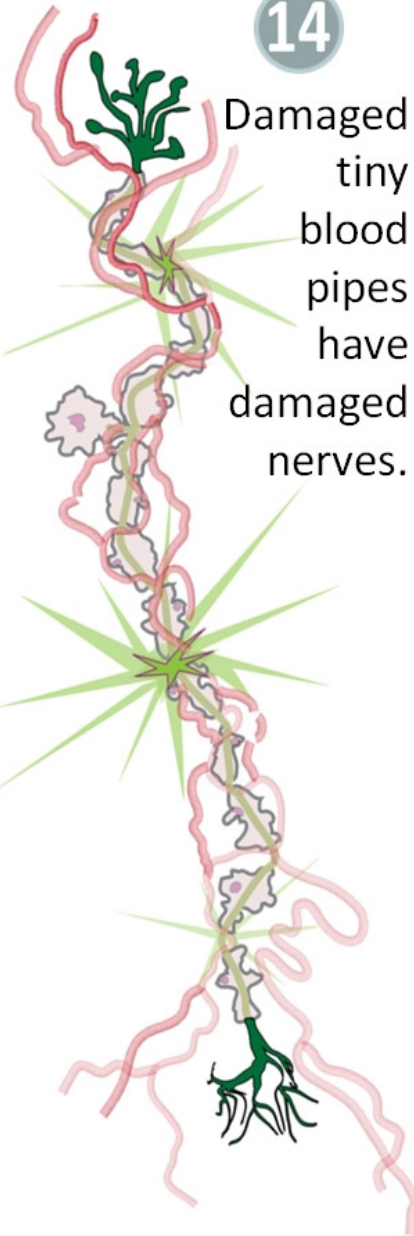
12

High **blood fats** will damage your tiny blood pipes.



13

Healthy tiny blood pipes have healthy nerves.



14

Damaged tiny blood pipes have damaged nerves.



15

Remember to take your cholesterol tablets. Keep your blood fats controlled & you will help your nerves

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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