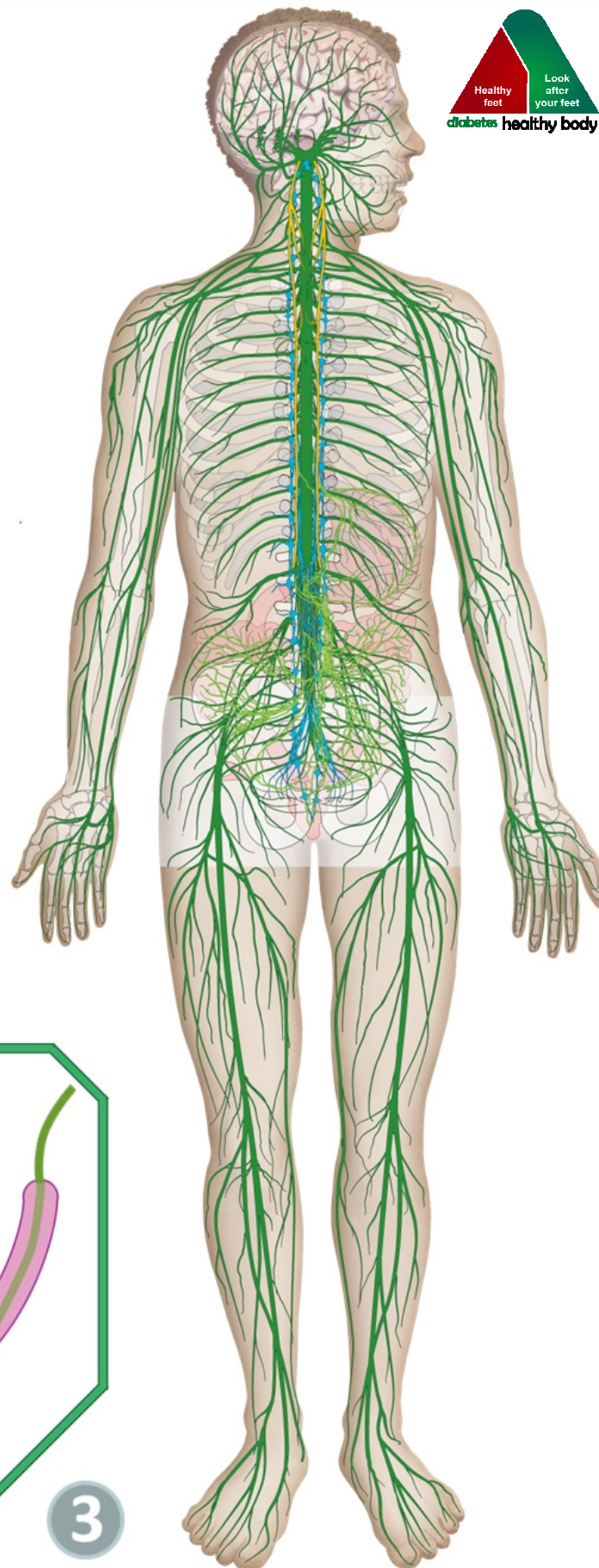
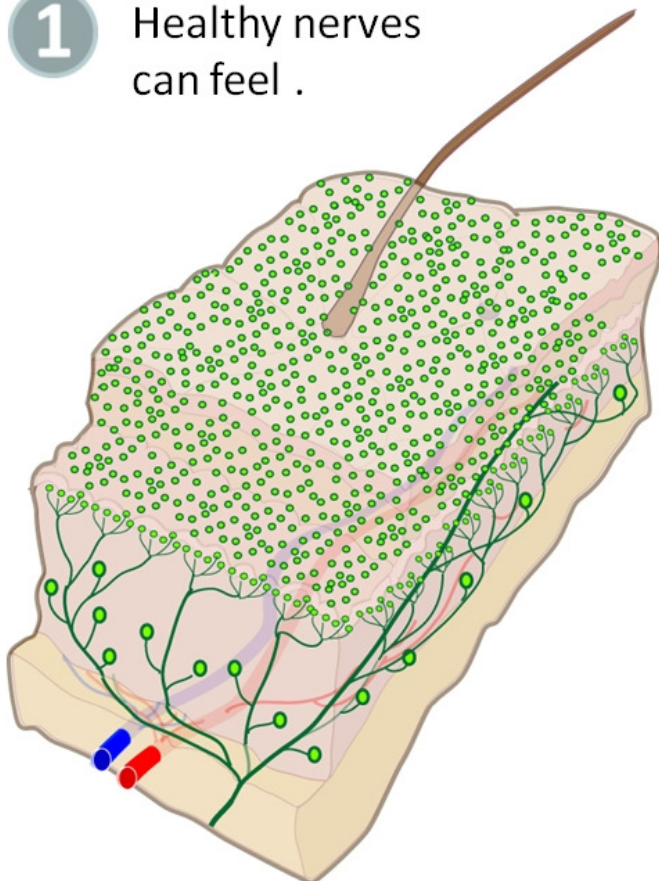


Nerve damage

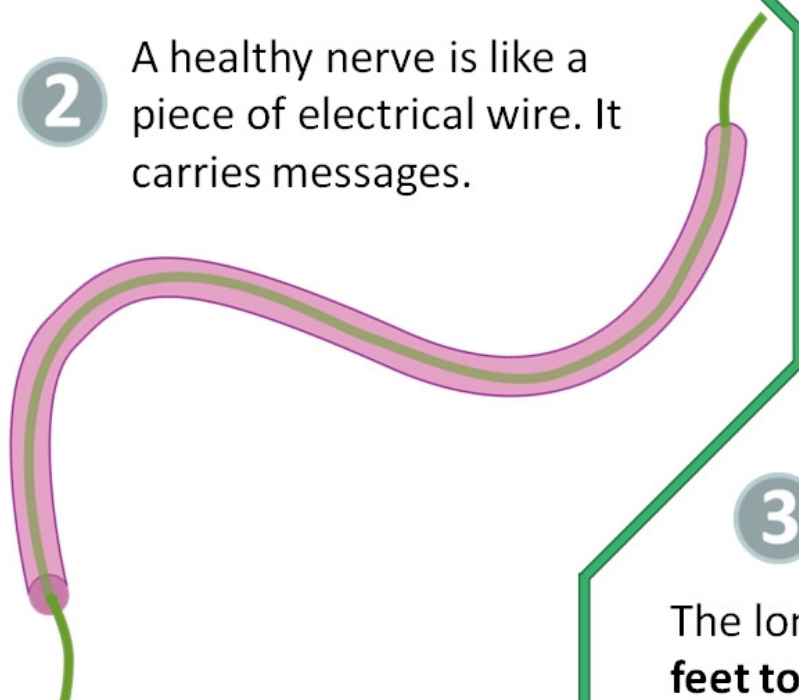
Looking after your feet



1 Healthy nerves can feel .



2 A healthy nerve is like a piece of electrical wire. It carries messages.



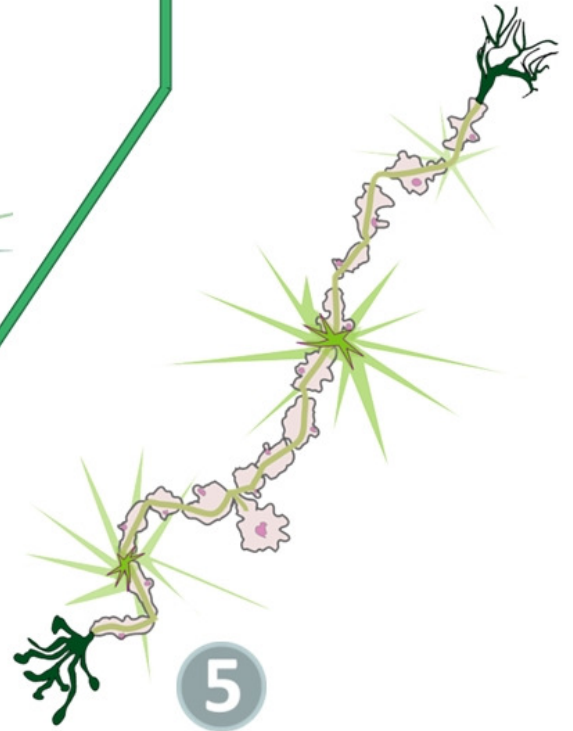
3

The longest nerves are from **your feet to your brain** and will be the first to become damaged.



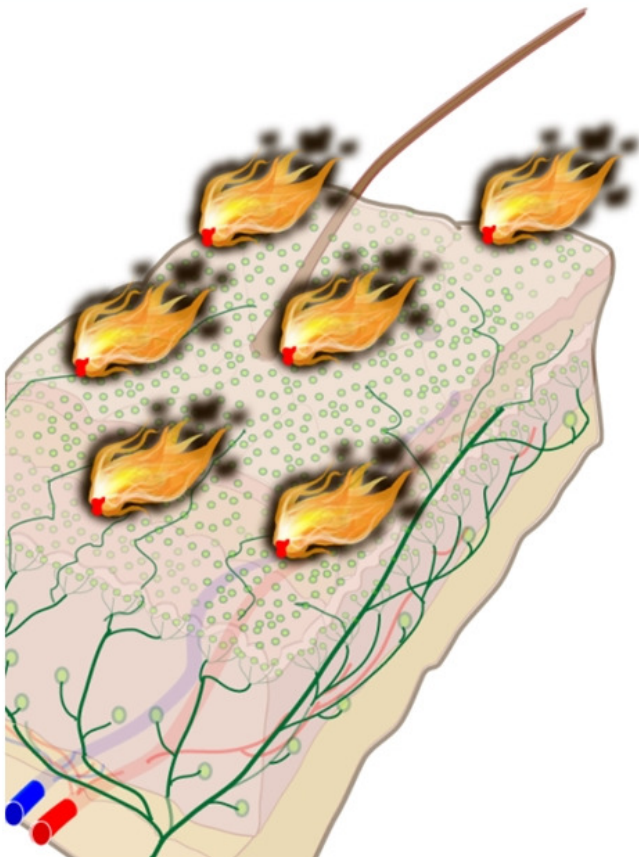
4

Nerves can become like a piece of electrical wire with a damaged cover. This makes them send the wrong messages



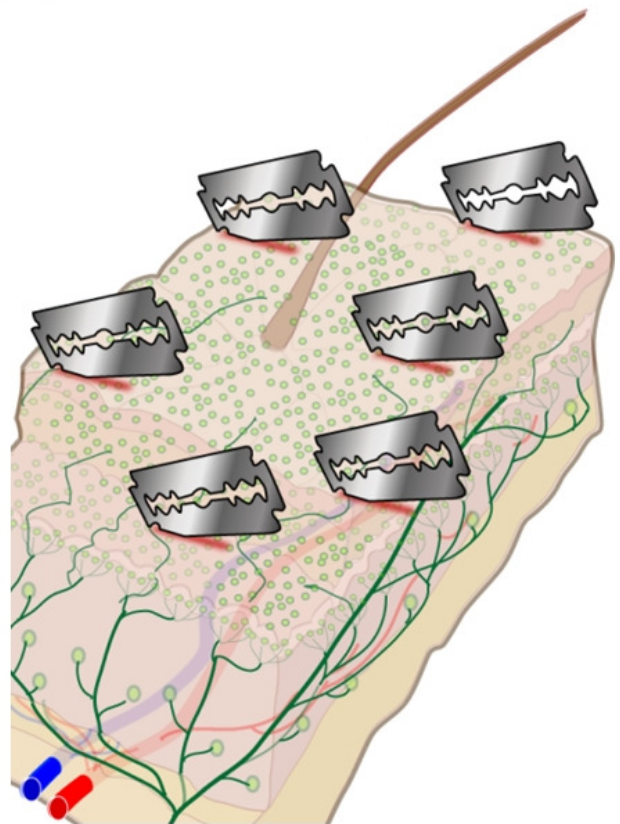
5

Damaged nerves may feel different. They can act in an unusual ways:



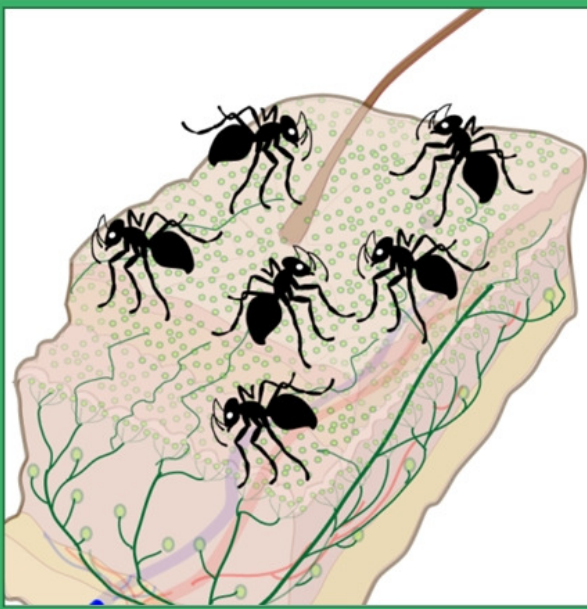
6

Your foot can feel like it is on fire



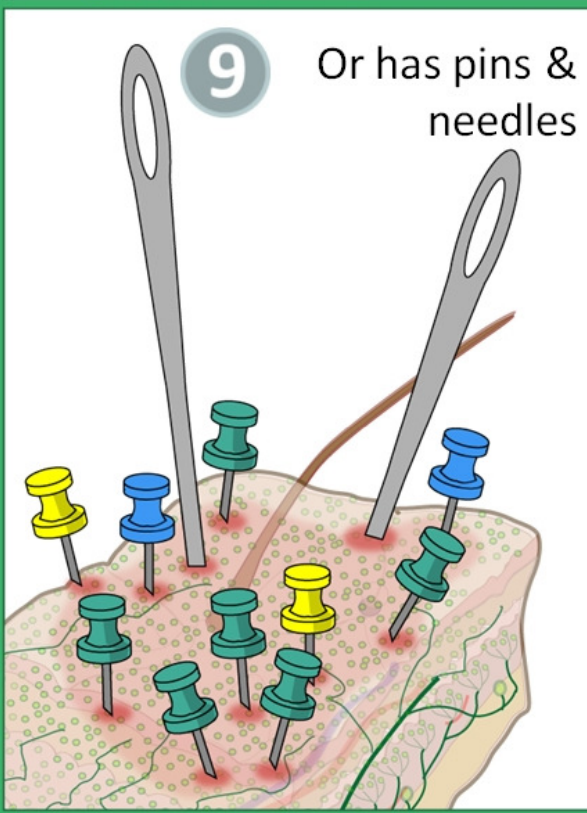
7

Or it is being cut by lots of small knives or razor blades



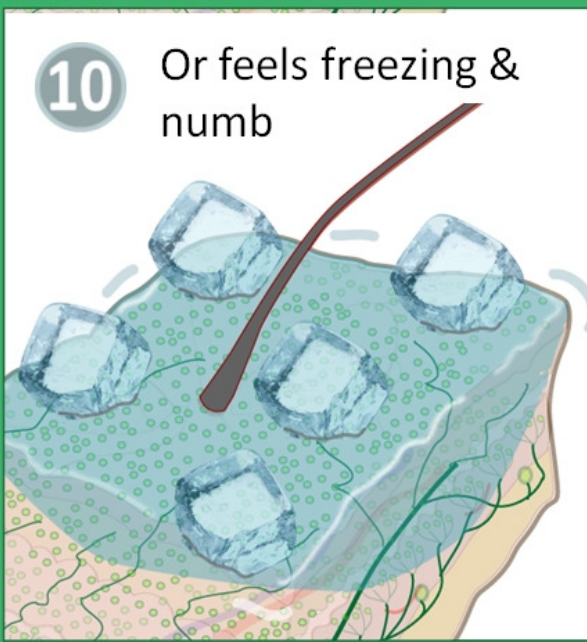
8

Or has ants crawling over your skin



9

Or has pins & needles

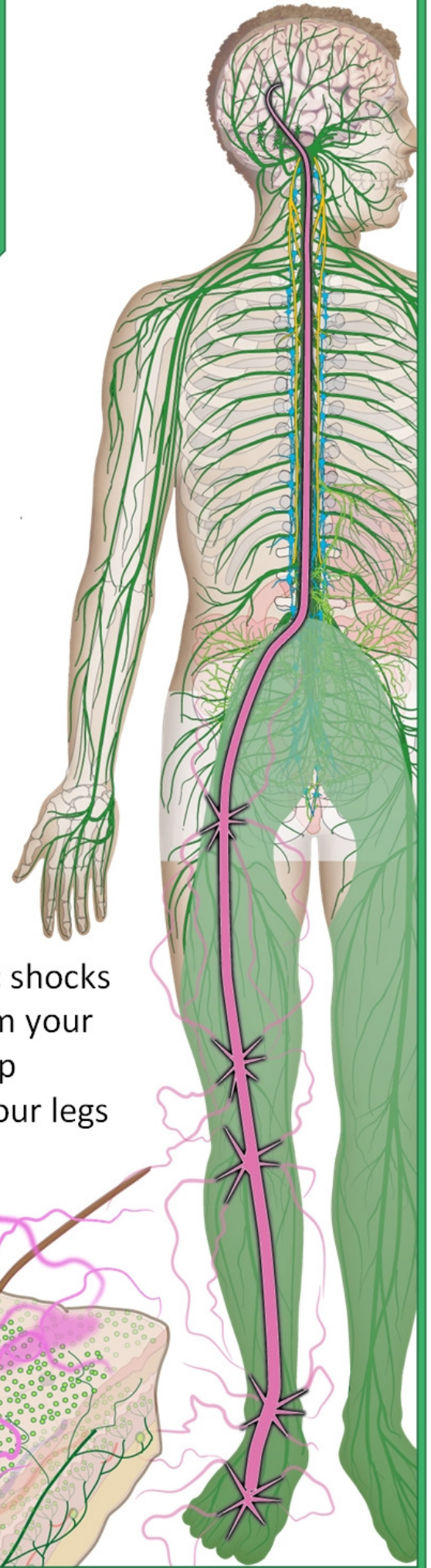


10

Or feels freezing & numb

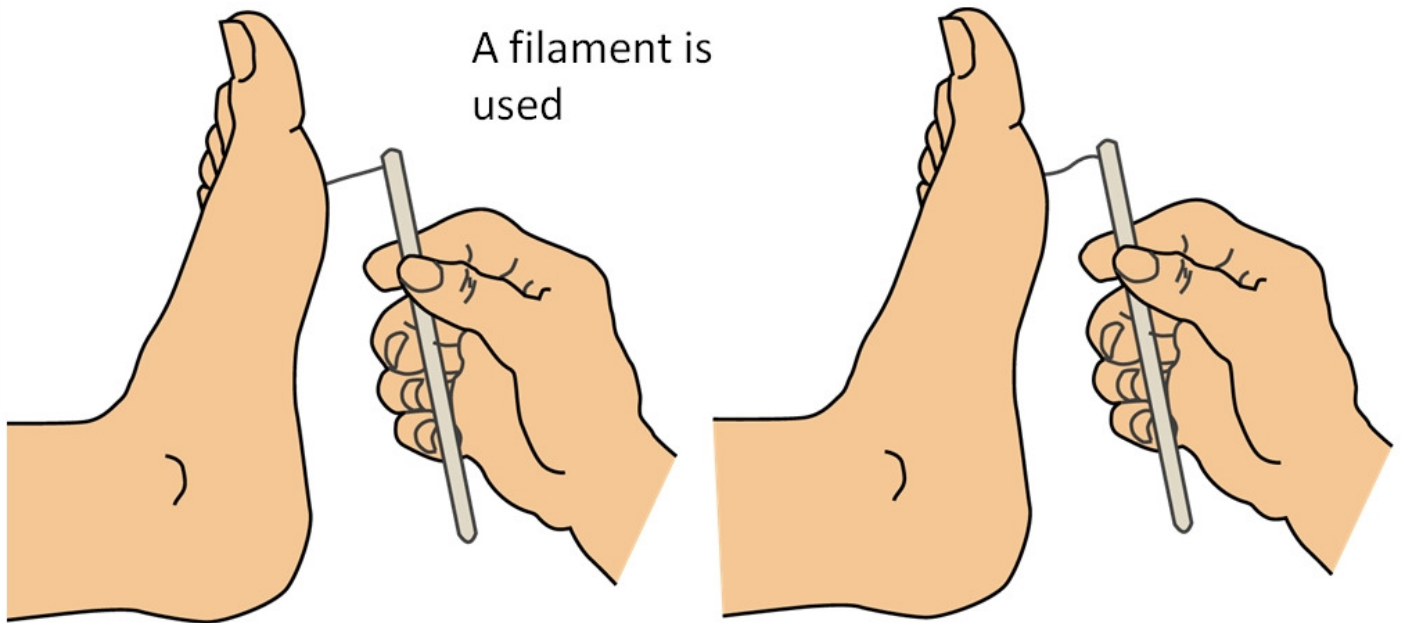
11

Or electric shocks going from your feet and up through your legs



12

The podiatrist or nurse will test your nerves to see how they are working



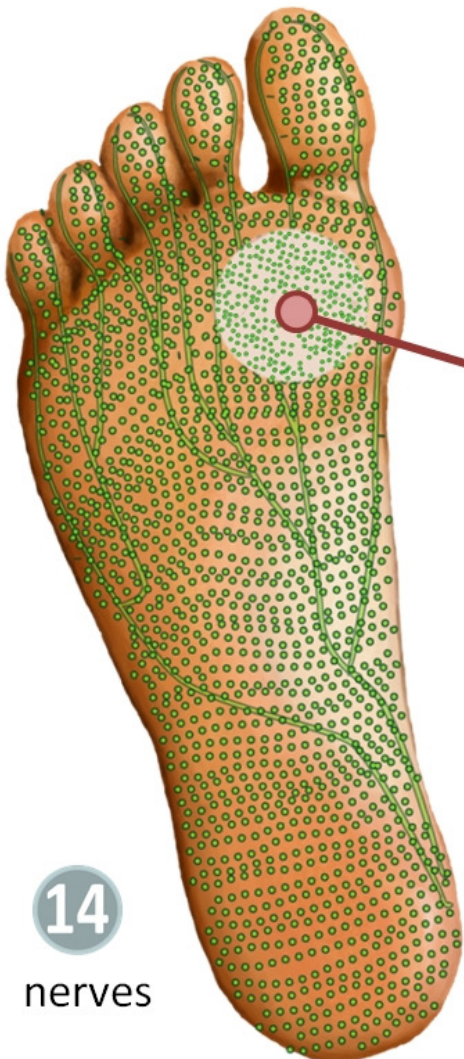
13

This is where they will check



14

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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