

What happens at your foot check?

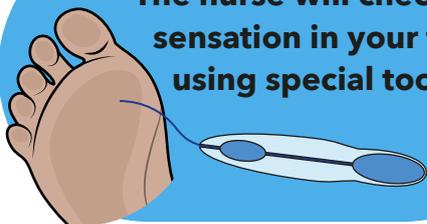
If you are 12 years old or over, you may have your feet examined to check that they are healthy and are not causing any problems.



Your foot check will usually be at your annual diabetes clinic appointment. You will need to remove all footwear including socks or tights and bandages or plasters.



The nurse will check the sensation in your feet using special tools.



Your shoes will also get checked, to make sure they are not causing any problems to your feet.



Your feet will be examined and checked for physical issues such as cuts or blisters.



The nurse will ask you questions about whether you are in any pain or discomfort, any recent wounds or problems you may have been having with your feet.

Do make sure to ask the nurse lots of questions. The more you know, the more you can keep an eye on any changes in your feet.



Afterwards, your nurse or doctor will explain your foot health, tell you your level of risk, and let you know if you need to take any next steps.

Why is it important?

Over time, high glucose levels can damage the small blood vessels which supply the nerves in your body, this is called neuropathy.

The nerves that carry messages to the brain about how we feel sensations are damaged and this can affect your legs and your feet.



High glucose levels can also affect the blood circulation in the feet, this makes it harder for cuts or sores to heal.

Over time, cuts and sores could become ulcers and become infected, and long term complications mean it could possibly even lead to having feet amputated.

This might sound scary but most foot problems can be prevented with good, regular footcare and regular checks.



Check out the foot care resource to learn more about regular footcare at home