

WHAT TO DO ABOUT FOOT PROBLEMS

Changes to look for:



Changes in foot shape or nail colour.



Cracked skin on feet, especially your heels or toes.



Signs of infection: pus or bad smell coming from a wound or ingrown toenail, swelling, heat or red skin.



Wet, smelly and soggy skin between the toes.



Bruises, blisters or hard skin (callus or corns).



Ulcers or wounds on your feet or lower legs.

What should you do?

- Have your feet checked at least once a year by your doctor, practice nurse or podiatrist.
- If you notice any of the above changes, make an appointment with your doctor or podiatrist immediately. Don't wait for your annual visit.
- Avoid using over-the-counter corn treatments.
- Look after your feet. Keep them clean, dry and moisturised.
- Look after your diabetes. This helps reduce your risk of serious foot problems, such as an ulcer, infection, or in the very worst case, amputation.

For more information about diabetes-related foot health go to www.footforward.org.au

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Fungal infections:



Fungal infections can affect both skin and nails. It can cause skin to become red, itchy and cracked, and toenails can become thick and abnormally shaped.



See your doctor or pharmacist for the right treatment as soon as possible.



Do not share your nail scissors, clippers or files. Clean immediately after you use them on an infected nail with an alcohol wipe.



Wash your socks or stockings separately to avoid spreading the infection.

Remember to have your feet checked at least once a year by your doctor, practice nurse or podiatrist. You may need more frequent checks if you have problems with your feet.

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