

COMMON FOOT PROBLEMS

Have your feet checked at least once a year by your doctor, practice nurse or podiatrist. They can also help you with:

Dry skin

- May be caused by reduced blood flow or if your feet stop sweating due to nerve damage.
- Moisturising your feet every day helps!
- Your doctor, practice nurse or podiatrist can help you choose a suitable moisturising product to use.



Cracked heels

- Dry skin can lead to cracked heels and may become infected.
- Prevent dry skin by moisturising your feet every day.
- Your doctor, practice nurse or podiatrist can recommend a heel balm to treat cracked heels.



Thickened toenails

- It may be caused by getting older, your diabetes or other health conditions, fungal infections, injury or your footwear.
- Start by keeping your toenails moisturised.
- Your doctor, practice nurse or podiatrist can give you nail care tips.



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

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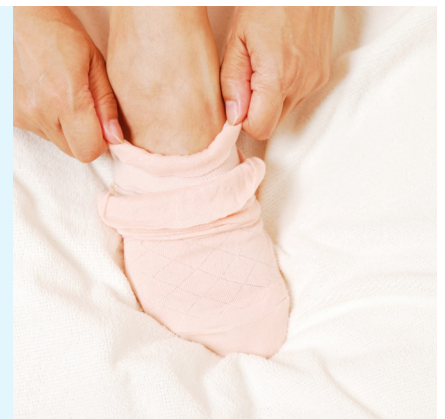
Numbness, burning or pain in my feet

- Caused by damage to the nerves in the feet.
- Check your feet every day for cuts or blisters.
- Always wear protective footwear. Your podiatrist can help you choose suitable footwear.
- Talk to your doctor about medication for the pain.



Tingling, muscle cramps or scaly cold skin

- Caused by damage to the blood vessels in your feet and legs.
- You may need further tests if you have any of these symptoms.
- Make sure your socks and stockings are not too tight.
- Be physically active to help blood flow in your feet and legs.
- Your podiatrist can help you choose the best type of socks or stockings if you have any of these symptoms.



Infections

- Higher blood glucose levels, poor circulation or nerve damage may increase your risk of infections and poor healing.
- Your podiatrist or doctor can advise how to treat infections.
- If you notice signs of an infection, see your doctor straight away.



**If you notice any changes to your feet or the treatment isn't working don't wait!
Get help from your doctor, practice nurse or podiatrist immediately.**

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