INDIVIDUAL ADVICE

Your next screening is due:
Month: 20

LOCAL CONTACT NUMBERS
Podiatry department:

GP Clinic

Produced by the Scottish Diabetes Group - Foot Action Group

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MODERATE RISK

Inspected and rated
Outstanding
CareQuality
Commission

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Diabetes is a lifelong condition which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged. This can affect:

- the feeling in your feet (peripheral neuropathy); and
- the circulation in your feet (ischaemia).

These changes can be very gradual and you may not notice them. This is why it is essential that every year you have your feet screened and assessed by a podiatrist. You can then agree a treatment plan to suit your needs.

Your screening and assessment have shown that there is a moderate risk that you will develop foot ulcers. Your podiatrist will tick which of the following risk factors you have.

- You have lost some feeling in your feet.
- The circulation in your feet is reduced.
- You have hard skin on your feet.
- The shape of your foot has changed.
- Your vision is impaired.
- You cannot look after your feet yourself.

Controlling your diabetes, cholesterol and blood pressure and having your feet assessed every year by a podiatrist will help to reduce the risk of developing more problems with your feet.

If you smoke you are strongly advised to stop. Smoking affects your circulation and can lead to amputation.

As your feet are at moderate risk of developing ulcers, you will need to take extra care of them. You may need treatment by a podiatrist or podiatry technician.

If you follow the advice and information in this leaflet, it will help you to take care of your feet between visits to your podiatrist. Hopefully it will help to reduce the problems in the future.