

## What do I need to do to look after myself and my feet?

- **NEVER go barefoot.** Shoes and slippers will provide you with protection against sharp and/or foreign objects.
- **Regularly check your feet and shoes.** This allows you to spot any changes in your footwear e.g. loose threads or objects that may have gotten in as well as any changes to your feet e.g. cuts or blisters. You may need to ask a family member or partner to help you or use a mirror to check them the best you can.
- **Regular appointments with a Podiatrist.** Your Podiatrist will be able to spot any changes early and deal with them quickly and effectively as well as giving you expert advice.
- **Wear correct fitting footwear and hosiery.** Your Podiatrist can help you make sure you are wearing the correct shoes and socks and can even measure your feet for you.
- **Keep your feet moisturised.** This helps to prevent cracks in your skin which can form when the skin is too dry. We recommend CCS cream daily all over your feet but **NOT** in-between your toes. This can make the skin there wet and make you more prone to splits and fungal infections.
- **Follow a low carbohydrate diet.** Carbohydrates provide us with energy and are necessary but too many can result in high blood sugar levels. It is also best to avoid foods advertised as “low-fat” because often they will have more sugar added to them to make them taste better. It is always best to have a little read of the packets before you buy something!

## How do I hear more about the clinic?

There are lots of ways for you to keep in touch with all of upcoming news at the practice:

- You can follow us on our social media channels: Walsh Podiatry
- You can subscribe to our newsletter at [www.walshpodiatry.co.uk](http://www.walshpodiatry.co.uk)
- You can read our blog at [www.walshpodiatry.co.uk/blog](http://www.walshpodiatry.co.uk/blog)

## How do I book an appointment?

You can book an appointment:

- By phone: 0121 749 6313
- In person: 329 Chester Road, B36 0JG
- Online: <https://walshpodiatry.co.uk/book-online>



329 Chester Road, Castle Bromwich, B36 0JG  
0121 749 6313  
[reception@walshpodiatry.co.uk](mailto:reception@walshpodiatry.co.uk)



## Diabetes and your feet



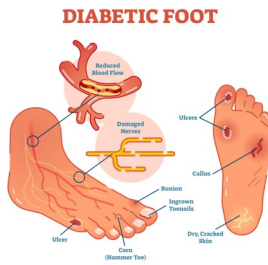
## How can diabetes affect me and my feet?

Diabetes may cause several changes. It is important to be aware of these changes, the impact they can have and the things you should do to keep your feet as healthy as possible.

### Circulation:

Diabetes can affect:

- The small blood vessels that lead to the eyes, kidneys and nerve endings in the hands and feet.
- The larger blood vessels including the ones that lead to our feet. This can effect wound healing.



### Sensation:

Diabetes can cause:

- Reduced sensation– both pressure and pain
- Increased sensation– making your feet more sensitive
- Pins and needles, numbness, tingling

### Skin:

Diabetes can:

- Effect the delicate pH balance on our skin and make you more prone to both bacterial and fungal infections
- Effect the sweat glands which can make your feet very dry or very sweaty

## Why do I need to see a Podiatrist?

It is important to see a Podiatrist so that we can monitor your feet for any of these changes. Each year (or as often as necessary) we complete a diabetic screening which allows us to monitor any changes as well as give the appropriate advice if and when they do. This diabetic screening is included in the cost of your routine treatment. Having your feet treated correctly and professionally by a Podiatrist also helps to manage conditions and limit your risk.

## What is involved in my diabetic screening?

Your diabetic screening includes:

- Assessment of circulation and sensation
- Assessment of the quality and rhythm of pulses using a special instrument called a Doppler
- Assessment of microcirculation (the small blood vessels that supply the skin and nails)
- Assessment of the different branches of peripheral nervous system: vibration, pressure and pain / sharp sensation
- Expert advice given
- Optional assessment using our pressure plate scanner to evaluate areas of increased pressure and reduce the risk of ulcerations

Once we complete this screening, we retain a copy and then send one to your GP.

Your diabetic screening allows us to record any changes to your feet and monitor them for any possible further changes. It also allows us to act quickly by either treating the issue or referring you to a specialist for further investigation.

## How does the pressure plate scanner work?

During a stationary and dynamic examination on our pressure plate scanner we are able to see where the areas of high pressure are on your feet. We can use this information along with many other factors e.g. circulation, sensation, skin texture etc to determine if there is an area in your foot which could ultimately result in callus, corns or even ulcerations. This test can either be completed during your annual diabetic screening or separately on its own. Please note there is an additional fee of £25 for this assessment.. Please ask about this at your next routine appointment.



## What things should I look out for?

- Numbness / pins and needles / tingling could suggest changes to the nerves
- Cramping in legs and feet when walking causing you to stop / start
- Pain and cramping at night
- Excessive dryness of skin with cracking
- Itchiness, flaking and redness of the skin
- Changes in skin colour and texture
- Any breaks or abrasions to the skin
- Any signs of infection- redness / swelling / pain / any pus or redness spreading up your toes / feet