

Feet and Diabetes

Have you wondered about the connection between diabetes and your feet?



**When was your last visit
with a podiatrist?**

A thorough assessment is recommended
at least once a year.

Learn how to keep your feet healthy, reduce pain and discomfort, know what warning signs to look out for and how to care for your feet.



DIABETES AND YOUR FEET

HOW DOES DIABETES AFFECT FEET?

Having diabetes may increase your risk of developing diabetes related-complications that include nerve damage called 'peripheral neuropathy' or poor circulation in your feet called 'peripheral vascular disease'.

Nerve damage may affect how you feel pressure or pain, and may lead to numbness in your toes or feet. Changes to your circulation may delay your ability to heal any cuts or sores.

This may also increase your risk of developing ulcers that may even lead to amputations.

What can you do?

- Make sure your feet are clean and dry, including drying between your toes
- Moisturise your feet every day
- Check your feet every day for changes
- Keep your toenails trimmed
- See your podiatrist regularly – and if you notice any changes to your feet, it is strongly recommended that you seek professional advice from a podiatrist.

NEUROVASCULAR ASSESSMENT OF THE FEET

At PDC Health Hub our Senior Podiatrists will complete a comprehensive Neurological and Vascular Assessment annually, using a series of tests including Doppler and PPG machine for toe pressures. If you have been diagnosed with diabetes you may be eligible for a Care Plan referral which will provide you with a Medicare rebate for your appointment.