

PUTTING YOUR BEST FOOT FORWARD

The leading causes of lower limb amputations are complications from diabetes and peripheral vascular disease.

Any injury to a foot with poor circulation will be slow to heal or fail to heal at all. If you have lost a limb due to these circumstances it is essential that you take precautionary steps to prevent this from happening to your remaining limb. Here are a few tips to keep in mind;

- Ensure you have a good podiatrist that specialises in Diabetic foot problems.
- Make sure you visit your podiatrist regularly and follow their advice.
- Examine your foot daily and inform your podiatrist of any problems such as ingrown nails, red spots, cut or any wounds immediately. If you have trouble checking your own foot perhaps a family member could help you out.
- Never go for a walk, even inside without a shoe protecting your foot.
- Footwear should be comfortable and supportive, don't wear shoes that are irritating your foot in any way.
- Don't wear tight fitting socks
- Be attentive to foot hygiene, dry it well after showering especially between the toes.
- Use a moisturiser to avoid dry skin and cracked heels.

Appropriate and early treatment of foot wounds increases the possibility of healing those wounds. **DON'T WAIT** if you have noticed a change contact your podiatrist or health care professional.

No one should care more about your foot than you



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