

Top tips for keeping your feet healthy

- Control your blood glucose levels as well as you can. Use your blood glucose meter to find out how your results are tracking.
- If you develop a blister or a sore on your foot, seek advice straight away from your doctor or, if you have one, your podiatrist.
- Keep your feet clean. Wash them every day and dry them carefully, especially between your toes. Then rub a little moisturiser into your legs and feet but not between your toes.
- Keep your toe nails trimmed. The current advice is to curve your toe nails gently downwards at either end. To reduce the risk of cutting yourself it can be useful to file your nails regularly, rather than cutting them.
- Choose your shoes and socks carefully. Choose well fitting shoes and appropriate socks as the tightly fitting, nylon varieties can rub your feet very easily.
- Don't walk barefoot. If you have lost some of the feeling in your feet it is best if you don't walk around barefooted. So, slippers in the house and sandals on the beach in future!



Customer Care Line

Country	Customer Care Line	Operating Hours
Australia	1-800-801478	Mon-Fri 8.00-18.00

Leaflet produced by Abbott Diabetes Care, manufacturer of



Ask your healthcare professional how Optium Omega, Optium Xceed or FreeStyle Lite blood glucose meters may assist you, always read the label and use only as directed.

If you are a user of an ADC meter in Australia, call Customer Service on 1800 801 478, or register on line at www.abbottdiabetescare.com.au to activate your lifetime meter warranty.

References: 1. Joslin's Diabetes Mellitus, 14th Edition 2005, New York Ovid Technologies. 2. National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health Bethesda, Md. NIDDK. 3. Kronenberg: Williams Textbook of Endocrinology 11th Edition 2008.

Please consult your healthcare professional before making any changes.

Abbott Diabetes Care, 666 Doncaster Road, Doncaster, Victoria 3108, Australia. www.abbottdiabetescare.com.au
 ABN 95 000 180 389 MSE08304102401 24203



Looking after your feet



Why do I need to look after my feet?

When you have had diabetes for some time, it can cause problems with your feet, mainly through:

Damage to your nerves

Damage to the nerves in your feet is called neuropathy. It is caused by high blood sugar (glucose) levels over many years.

It makes your feet less sensitive to pain and heat, which can make you more prone to accidents:

- You may not be aware that you have stepped on something sharp.
- Or, when warming them, you may not realise that your toes are too close to the heat source.

Poor circulation

If the flow of blood to your feet is poor, it can prolong the recovery time of injuries.

Bad circulation in the feet is a particular problem for people with diabetes who smoke. You will already have been told that smoking and diabetes simply don't mix. If you smoke you are greatly increasing your risk not only of damaging the flow of blood to your feet but also of cardiovascular disease. If you smoke and your feet often feel cold, it's another incentive to give up smoking for good.



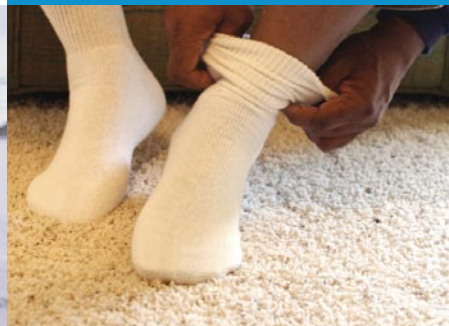
If you suffer from poor circulation and cold feet

Don't:

- Put your feet too close to heat.
- Place your feet on a hot radiator.
- Use a hot water bottle.
- Warm your feet in a hot bath or bowl of hot water.

Do:

- Try to keep your whole body warm – wrap up well.
- Gently exercise your feet to keep the blood circulating – wiggle your toes and circle your foot backwards and forwards at the ankle.
- When relaxing at home, wear warm socks and slippers and use bed socks at night. Make sure they aren't too tight, restricting your circulation.
- Wear thick socks and fleece lined boots when you go out (but be careful that the thick socks don't make the boots too tight).
- Check your bath water with your elbow to make sure it is not too hot.



What check-ups should I have?

- Check your feet every day – look out for blisters, cuts or scratches. A mirror can be a useful way to see the bottom of your feet. If your eyesight isn't too good, ask a friend or relative to help.

Have regular check-ups with a podiatrist

- Get your feet inspected regularly. Make sure they are examined at your regular diabetes check-up.

Don't treat corns or verrucas yourself

If you develop corns or verrucas, get some help from a podiatrist. Your GP will be able to recommend one. NEVER treat corns or verrucas yourself with liquids, ointments, paints or plasters. They all contain acids, which can cause further damage to your feet.