

# YOUR FEET AND DIABETES

## National Diabetes Week 2016

Diabetes causes 85 foot amputations in Australia every week.

Diabetes can damage the nerves and blood vessels in your feet, leaving you at risk of ulcers and amputations. Reduce your risk and look after your feet.

### Six steps for taking care of your feet:

- 1** Attend a free FootSmart session.
- 2** Have an annual foot assessment by a podiatrist.
- 3** Check your feet everyday.
- 4** Look after your skin and nails.
- 5** Wear comfortable, well-fitting shoes.
- 6** Take charge of your own diabetes.