Healthy Me: **My Healthy Feet**

1 Checking your feet

Checking your feet daily helps to promote good foot health. If you are unable to do this yourself get someone to check them for you.

2 Annual foot check

You should have a foot check at your GP surgery every year. You will be given advice on how to look after your diabetes and feet through information prescriptions and use of the Pocket Medic films.

3 Nail Care

Age Connect in some areas across Wales are able to offer a nail cutting service for which there is a charge. Routine nail cutting is not available on NHS podiatry. **https://www.ageconnectswales.org.uk/our-nail-cutting-service**

4 Podiatry Consultation

Poor foot health can mean that you may be referred to an NHS podiatry service who can help you understand how to look after your feet.

5 Foot Attack

If you notice any redness, heat, swelling or break to your skin – It could be a Foot Attack. Seek advice **TODAY** at your local Podiatry clinic or GP surgery. If this is during the weekend ring your GP out of hours or go to your nearest A&E. **DONT DELAY - ACT TODAY!**

6 Meet the team

If you get an ulcer on your foot you may see other specialists to help in your care who can also advise on how to manage your diabetes.

7 Healthy feet

Always take care of your feet so you can live life to the full. Check your feet daily. **Healthy Feet – Happy Feet.**

Further advice is available by watching Pocket Medic films on your computer or Mobile phone.

Design / Periscope Ltd / 029 2046 1021

For further information on the care of your feet please check out the **Pocket Medic** links above.

Diabetic Foot Network Wales

GIG CYMRU NHS WALES

Cwm Taf Podiatry Service. Tel: 01443 443003/5