



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিউলিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિચિત્ર ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ

For more information see www.cwps.nhs.uk

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Diabetes foot leaflet - high risk

Neuropathy present and odd shaped feet

Podiatry Service Administration Office

Room 65 1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ

Telephone (01244) 385000
Visit www.cwps.nhs.uk

Office opening hours:

Monday to Friday 9.00am – 12.30pm and 1.30pm – 4.00pm

How does diabetes affect feet?

Diabetes is a lifelong condition which can cause foot problems. These usually occur because of poor blood supply or damage to the nerves in the feet and legs.

Do I have nerve damage?

Yes, you did not feel the monofilament on your foot so your foot is at more risk of damage. Also, you have an unusual shaped foot and because of this you are more likely to get blisters and rubbed areas on your foot which may develop into an ulcer. You will need to check your feet regularly as you will not know if you have hurt them.

Do I need to see a podiatrist to cut my toe nails?

No, you just need to be careful not to cut your skin when cutting your nails as you may not feel the injury. If you have difficulty reaching or seeing them, ask a relative to cut your nails for you. A file is less likely to cause damage and a long handled one can reduce the need for bending so far.

What else can I do to keep my feet healthy?

- Make sure you get your feet measured when buying new shoes to get a proper fit; poor fitting shoes can damage your feet by rubbing and too loose is as bad as too tight.
- Do not walk barefoot and wear flip flops or sandals when you are on the beach.
- Break new shoes in very slowly and wear for only 10 minutes a day around the house to begin with and check for areas of rubbing - slowly increase the wear time by half hour intervals.
- If the shoes rub, take them to a cobbler for stretching; this is only possible on leather shoes, not man made fibres.
- Socks should be either cotton or wool or a mix of these.
- Wear inside out if seams are rough or thick.
- Check inside shoes and socks before putting them on for any thing which could rub or cause an injury (stones, stitching or small objects).
- Check your feet for signs of damage: blisters, red marks or cuts after taking your shoes and socks off; this should be done every day.

- Keep your feet clean by washing them everyday and carefully dry between the toes.
- Any dry skin can be kept moisturised by using creams such as E45 or ask your chemist to recommend a moisturiser but do not put cream between the toes
- Don't let your toe nails become overlong and don't cut them too short. Always leave some white free edge of nail showing across the whole nail.
- You cannot feel heat or cold so be careful when bathing and test water with your elbow as hands can also lose their feeling.
- Remove hot water bottles from bed before getting in and don't sit too close to the fire without something protecting your feet and legs.
- If you get a cut on your foot wash with soap and water and cover it with a dry dressing every day until a dry scab forms. If the wound does not appear to be healing properly or looks infected; this is any or all of the following signs: red, swollen, weeping, a smell and or pain, contact your practice nurse/GP or podiatrist urgently and if it is out of normal working hours contact the 'Out of Hours' doctor or go to A & E.

Important information:

Your podiatrist will advise you how often you need to be seen and this will be reassessed at each visit but if you develop an urgent emergency problem before your next appointment then attend a drop in clinic.

Emergency podiatry clinics (drop in clinic): *except bank holidays*

Stanney Lane Clinic
Stanney Lane
Ellesmere Port CH65 9AE
Tuesday 9am -10.45am

Fountains Health
Delamere Street
Chester CH1 4DS
Fridays 9am - 10.45am

For advice please telephone 01244 385000 and leave your name and telephone number and a podiatrist will ring you back.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.