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<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>
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<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>

Discharged from the Podiatry Service - Diabetes - low risk

Podiatry Service Administration Office

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

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

Office opening hours:

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

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS, complaints and incidents team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwp.nhs.uk

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How does diabetes affect feet?

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. Foot problems can affect anyone who has diabetes and may result in poor blood supply (circulation) or damage to the nerves (sensation) of the feet and legs.

Do I have poor circulation or nerve damage?

No. The good news is that following examination by the podiatrist, the circulation and sensation in your feet have been assessed as normal.

How do I keep my feet healthy?

In order to maintain this good standard of foot health, make foot care a part of your daily routine, just like managing your blood glucose and diet.

- Wash your feet every day and carefully dry between the toes.
- Keep feet moisturised to prevent or treat dry skin – use E45 cream or similar, but do not put it between the toes.
- Cut or file your toenails regularly.
- Never walk barefoot, especially in the garden or on the beach on holidays.
- Look for signs of calluses (areas of thickened hard skin), changes in colour and breaks in the skin.
- You might want to use a mirror to see the soles of your feet. If this is difficult, try to get someone else check your feet for you.
- Avoid using corn-removing plasters or blades.
- Ask someone to assess the feeling in your toes by doing the 'Touch the Toes' test.
- Be aware of any loss of sensation in your feet.
- To ensure a good fit, get your feet measured and choose an appropriate style when buying new shoes.

But I have diabetes – don't I have special foot care needs?

Fortunately, you do not usually need to do anything very different from other people – general advice on foot care applies to you. You are the person best placed to check the health of your feet, as you live with them every day.

Don't I need to see a Podiatrist to cut my nails?

No. You can safely cut your own toenails using nail clippers.

- Follow the shape of the toe end when cutting
- Do not cut your nails too short.

- If cutting toenails is difficult, you may prefer to file your nails at more frequent intervals, file gentle so as not to cause skin abrasions.
- Use a file to smooth any sharp edges – a long handled file may make this easier to manage.
- The Podiatry Service does not routinely cut healthy nails.

What should I do if I develop a foot problem?

- You can self-refer yourself back into the service by contacting the Podiatry Service or if your problem is urgent you can attend an Emergency Clinic.
- If you cut your foot, wash with soap and water and cover with a dry dressing and change the dressing daily until a dry scab has formed.
- If the wound does not appear to be healing; smells, looks red, swollen or weeping; or causes a throbbing pain, contact your GP or Practice Nurse or this NHS Podiatry Service (see details below).

What else should I be aware of?

- You should have an annual inspection of your feet by a health professional – this could be a GP or Practice Nurse. Be proactive and make sure this happens.
- Know your risk of developing foot problems and make sure that you are referred if necessary.
- Keep useful numbers handy, and know who to contact at the first sign of problems with your feet.

Emergency drop in podiatry foot clinics

Please note these clinics are for emergencies only – and **not for fungal/discoloured nails, routine podiatry or nail cutting**. If you don't have an emergency problem you will not be seen. You don't need an appointment but it helps if you call the Podiatry Service to let us know you are attending.

Stanney Lane Clinic
Ellesmere Port, CH65 9AE

Tuesday 9am – 10.45am

Excludes Bank Holidays

Fountains Health 3rd Floor
Delamere Street, Chester, CH1 4DS
Chester CH1 2NR

Fridays 9am – 10.45am

Excludes Bank Holidays

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