

WHAT ARE THE DANGER SIGNS?

- Tingling, or pins and needles
- Hard, dry, or cracked skin
- Numbness
- Pain
- Feet looking red and/or feeling hot
- Changes in the shape of your feet
- Cramp in your calves
- Thickened toenails
- Cold pale feet
- Wounds or sores
- Abnormal sensation in your feet



★★★★★

"I was worried about how to look after my feet after I got my diabetic diagnosis. As soon as I found Randell's Footcare, my mind was at ease. Thank you"

John Phillips

★★★★★

"I find the annual diabetic reviews very helpful. It reassures me that I'm taking care of myself!"

Joan Collin

★★★★★

"Podiatrist was first class. Made me feel at my ease, answered my questions. My feet were very comfortable after my appointment and have remained so. Have no hesitation in recommending Randell's and already look forward to my next visit. Many thanks"

Valerie Allum



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Randell's Footcare



DIABETIC FOOTCARE

Making Feet Happy Again!

01603 737188

www.randellsfootcare.co.uk

HOW CAN DIABETES AFFECT FEET?

Raised blood glucose levels (blood sugar) can damage the feet in 2 main ways:

- High blood sugar levels can destroy the linings of the nerves that end in the feet, leaving patients unable to feel things in their feet. This is a condition called Neuropathy
- High blood sugar levels can also damage the blood vessels, decreasing blood flow to the feet. This weakens the skin and significantly delays wound healing

By being unable to feel things in your feet, you may cause damage to them without knowing. With delayed healing, this damage can lead to ulcers and infections.



HOW CAN WE HELP?

At Randell's Footcare we are dedicated to the health and well-being of all our patients. We can help with the management and treatment of diabetic patients in the following ways;

1. Annual diabetic review: during this appointment we cover your medical history, medications and assess the circulation and sensation in your feet. We then create a personalised treatment plan to best protect your health
2. Regular appointments for nail cutting. Because wounds heal slower in diabetic patients, it is important to have your nails professionally cared for, to minimise the risk of infection
3. During every appointment with Randell's Footcare, we carry out a basic assessment of your circulation, ensuring enough blood is making its way to your feet
4. Detailed advice on how you can best protect your foot health at home
5. Prompt referral to specialised clinics if necessary
6. Footwear advice and assessment of any areas of pressure
7. Bespoke vascular assessment to those patients concerned about their circulation

OUR MAIN ADVICE FOR HOME CARE:

- Check the soles of your feet every day. This can be done with a mirror, or ask a friend or family member
- Wash regularly with soap and warm water
- Avoid soaking your feet as this can breakdown the skin
- Dry your feet thoroughly, especially between your toes
- Wear non-elastic topped diabetic socks (these can be purchased from our clinics)
- If you have dry skin use a moisturiser. This will eliminate the risk of the skin on the heels cracking
- Wear well fitting, supportive shoes or boots
- Call us to make an appointment if you are worried about your legs or feet

