

How can people with Diabetes apply for Podiatry Services?

There are 2 ways to apply:

1. Complete an application form obtained from your local Podiatry Clinic (or by contacting the numbers overleaf).
2. Ask your GP or other Health Professional, i.e. District Nurse to refer you to Podiatry.

Podiatry services are also available in the Ulster Hospital. Referrals for Ulster Hospital Podiatry can only be accepted from either a Consultant or other Health Professional.

NEXT ANNUAL SCREENING DUE

For further information about Podiatry Services contact:

**Podiatry Department
Ards Community Hospital**

Church Street
Newtownards
BT23 4AS
Tel: (028) 9151 0240

**Podiatry Department
Bangor Community Hospital**

Castle Street
Bangor
BT20 4TA
Tel: (028) 9147 5137

**Podiatry Department
Ulster Hospital**

Dundonald
BT16 1RH
Tel: (028) 9048 4511 Ext. 2801

**Podiatry Department
Lisburn Health Centre**

Linenhall Street
Lisburn
BT28 1LU
Tel: (028) 9250 1214

**Podiatry Department
Downpatrick Health Centre**

2 Struell Wells Road
Downpatrick
BT30 6RL
Tel: (028) 4461 3811



South Eastern Health
and Social Care Trust

Advice for People with Diabetes

Podiatry Services

How can Diabetes affect the foot?

1. Neuropathy

This is when the nerves in the feet and legs are damaged by diabetes. Pain, tingling and numbness may all be signs of Neuropathy. Some people with diabetes may lose sensation in their feet and increase their risk of foot injury.

2. Circulation

Diabetes may also damage the blood vessels which lead to the feet. A foot which has reduced circulation may be cold and painful. Small cuts and broken skin may become infected and take longer to heal.

How can these problems be prevented?

Neuropathy may be associated with poor control of diabetes, so high levels of blood glucose are to be avoided. Circulation problems may be due to smoking and/or a high fat diet, so smoking should be avoided. It is also advisable to follow the diet recommended by your dietician.

The Podiatry Service can carry out simple and painless tests to detect neuropathy and circulatory problems. These tests form part of the annual foot screen.

Although these problems sound serious, in a lot of cases, they may be prevented or controlled with the right treatment, and this is why people with diabetes should be aware of their feet, check them daily, and follow the advice overleaf.

Important foot care advice for people with Diabetes

- Visit your State Registered Podiatrist once a year for an annual check-up.
- Wear shoes or slippers at all times - never go barefoot.
- Wear good fitting shoes. Have your feet measured when buying shoes and wear in shoes gradually.
- Change socks or tights daily.
- Keep feet clean, wash daily in warm water and mild soap and dry them carefully.
- Apply moisturising cream on areas of hard and dry skin.

- Check bath temperature, it should be lukewarm. Do not use hot water, heating pads, hot water bottles or sit with your toes in front of the fire.
- Cut toe-nails straight across.
- Never use razors, knives or corn lotions, paints or plasters.
- Check your feet daily, especially the soles of the feet and contact your GP, Treatment Room Nurse or State Registered Podiatrist, if you have any concerns. Don't neglect any injuries. Carry out 'First Aid' as detailed below on any foot injuries.
- Whilst on holiday pack a small first aid kit.

First aid for feet

If you do have a small cut or broken skin on your foot, it is important to make sure it does not become infected. Clean the wound with salt and water, apply an antiseptic and cover with a sterile dressing. If you have any concerns contact your GP, Treatment Room Nurse and/or State Registered Podiatrist without delay.