

# DO YOU HAVE DIABETES?

PEOPLE LIVING WITH DIABETES SHOULD  
HAVE THEIR FEET CHECKED BY A  
PODIATRIST AT LEAST ONCE A YEAR.

**Book your Podiatry appointment today.**

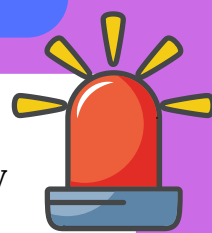
## WHY?

A person living with  
diabetes is

**22**

Regular assessments will identify  
problems and allow treatment early  
thus preventing more serious foot  
problems occurring.

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**times more likely** to undergo a  
non-traumatic lower limb  
amputation



## WHAT DO YOU NEED TO DO?

You need to book an appointment for a full  
Diabetic Foot Assessment with a podiatrist.

**A DIABETIC ASSESSMENT WITH A PODIATRIST  
SHOULD CONSIST OF...**

### General and Dermatological assessment

Identifying any underlying issues.

Examine skin for dryness, cracking, calluses, blisters, and ulcers.

Examine toes for cracks and fungal infection.

Check for nails for ingrown or thickening & fungal infection.

### Neurologic assessments

Check for numbness and signs of  
nerve damage known as neuropathy

### Vascular and Musculoskeletal assessment

Check your blood flow and circulation.

Examine the shape and structure of foot for bone  
abnormalities in the feet and toes

### Footcare Plan and Treatment Option

Design an appropriate plan and treatment option based on your personal  
needs.

Provide advice on:

- your "at home" care plan
- nail cutting techniques
- footwear

·the importance of good diabetes management: regular check of blood  
glucose levels, balanced diet, exercise.

## TAKE ACTION TODAY

**Book an appointment** with our Podiatry team.

Diabetes Ireland are the only podiatry service offering **up to 1 hour for  
your first appointment**, to allow time to fully understand your needs and  
provide you with a full and thorough assessment and treatment.



Call us on 01 842 8118 Dublin / 021 427 4229 Cork  
or book an appointment through our website.

## NEXT STEPS?

