

# BUT DON'T WORRY, HERE IS HOW YOU CAN PREVENT FOOT ULCERATION

## Easy prevention steps:

See inside for a guide to the steps you can adopt to avoid foot ulceration!



## Early reaction:

See inside to know when you need to show your feet to your healthcare professional!



If you have any doubts or questions don't hesitate to speak to your closest healthcare professional!

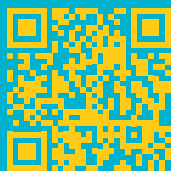


## MANY FOOT ULCERATION CASES COULD BE PREVENTED.\*

1. Boulton AJM. The diabetic foot. Diabet Med 2006;34:87-90

**CLOSING WOUNDS,  
SAVING FEET,  
SAVING LIVES.**

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## KEEP YOUR FEET SAFE

Here is your checklist to make sure you keep your feet safe:

- ☐ Did you get your feet checked by a healthcare professional in the past 12 months, to evaluate your level of risk?
- ☐ Do you know when you have to get your feet checked again by a healthcare professional?
- ☐ Did you receive all the information regarding foot ulceration and how to prevent it?

**Find out more**  
**savefeetsavelives.in**  
contains further detailed information, guides and videos.

**Call your doctor if you notice anything unusual or worrying.**

Name of Doctor:

Number of Doctor:

Surgery Address:

**D - FOOT**  
international

Supported by D-Foot International

Do you have diabetes?



## SAVE FEET, SAVE LIVES

If you have diabetes, a foot ulceration can be serious, so find out about prevention and getting your feet checked.

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# DIABETIC FOOT ULCERS: THE FACTS

! **1 IN 4 PEOPLE WITH DIABETES DEVELOP A FOOT ULCER<sup>1</sup>**

! **DIABETES CAUSES A FOOT AMPUTATION EVERY 20 SECONDS<sup>2</sup>**

! **IF NOT TREATED QUICKLY AND CORRECTLY, DIABETIC FOOT ULCERS CAN CAUSE A SERIOUS RISK TO LIFE**

Check your level of risk with your healthcare professional

**01** Ulcer risk  
**Very Low**

Characteristics  
No LOPS\* and No PAD\*\*

When to monitor with a healthcare professional ?  
Once a year

**02** Ulcer risk  
**Low**

Characteristics  
LOPS\* or PAD\*\*

When to monitor with a healthcare professional ?  
Once every 6-12 months

**03** Ulcer risk  
**Medium**

Characteristics  
LOPS\* + PAD\*\*, or  
LOPS\* + foot deformity, or  
PAD\*\* + foot deformity

When to monitor with a healthcare professional ?  
Once every 3-6 months

**04** Ulcer risk  
**High**

Characteristics  
LOPS\* or PAD\*\*, and one or more of the following:  
• history of a foot ulcer  
• a lower-extremity amputation (minor or major)

When to monitor with a healthcare professional ?  
Once every 1-3 months

## LOPS\* : Loss of Protective Sensation

Diabetes can cause damage to the nerves and is associated with LOPS due to neuropathy. It allows injuries to go unnoticed, leading to ulceration.

## PAD\*\* : Peripheral Artery Disease

Sometimes called poor circulation, PAD usually refers to the narrowing of arteries in the legs, leading to less blood flow to the muscles.

1. Setacci C, de Donato G, Setacci F, Chisci E. Diabetic patients: epidemiology and global impact. J Cardiovasc Surg (Torino). 2009 Jul; 50(3) : 263-73. / 2. Whiting, D. R., Guariguata, L., Weil, C., and Shaw, J. 2011. "IDF Diabetes Atlas: Global Estimates of the Prevalence of Diabetes for 2011 and 2030." Diabetes Res. Clin. Pract. 94 (3): 311-21.

## The 14 steps to keep your feet safe and prevent foot ulceration



**Step 1:** Keep your blood glucose levels optimal



**Step 2:** Wash your feet daily with lukewarm water and soap.



**Step 3:** Dry your feet well, especially between toes.



**Step 4:** Apply moisturizing lotion, but do not apply between the toes.



**Step 5:** Check your feet for blisters, cuts, redness, thickening of skin, toe nail infection, fungal infection, etc. If present, consult your doctor.



**Step 6:** Trim your nails straight across and file the edge with a nail file.



**Step 7:** Avoid self-surgery of callus and corn.



**Step 8:** Change socks daily; avoid tight socks.



**Step 9:** Never walk bare foot either indoors or outdoors.



**Step 10:** Wear appropriate foot wear.



**Step 11:** Examine your shoes daily for cracks, stones, nails which may irritate feet..



**Step 12:** Avoid walking barefoot in religious places especially in summer; wear cotton socks while visiting such places.



**Step 13:** Get your feet checked in a clinic or hospital.



**Step 14:** Maintain a well-balanced diet, quit smoking and have your blood pressure under check.

**NEED A DOCTOR?**

**Go to your doctor straight away, if you notice anything unusual or worrying during your footcheck, such as:**

- × An ulcer
- × A cut
- × Swelling or redness
- × A scratch
- × A blister
- × Or feel pain

**For video and further advice, visit [savefeetsavelives.in](http://savefeetsavelives.in)**