

The Podiatrist's role in your foot care:

Podiatrists are also known as Chiropodists. All Podiatrists employed within the NHS require to be registered and have Podiatry to Diploma or Degree level. The term Podiatrist is being used more widely now and is the title adopted internationally for a specialist in disorders and conditions of the foot.

Your Podiatrist will examine your feet for any signs or symptoms of abnormality or diabetic foot disease. How often this is carried out depends very much on your individual assessment. Prevention of foot problems is important and your Podiatrist will provide or refer you on for treatment if this is needed.

They will also provide advice that will help you to look after your feet and prevent foot problems. Your Podiatrist will discuss your foot health needs with you and this will include how often your feet should be examined.

We need to work with you in a partnership to ensure that we do our best to keep your feet healthy.

Specific advice about your nail care:

Your next foot assessment is due:

LOCAL CONTACT NUMBERS

Podiatry Department: 01851 70 8285

GP Practice:



Looking after your
Feet

Diabetes
Footwear

Diabetes is a lifelong disease. Foot problems caused by incorrect footwear can happen to anyone with diabetes. Feet can change shape and size throughout your life.

Wearing well fitted footwear is an essential part of your role in keeping your feet healthy and preventing ulcers, blisters, corns and callus. Many problems with feet are directly associated with wearing the wrong footwear.

It is good to get into the habit of checking your feet daily for any signs of irritation when you take off your shoes and socks.

Keeping your diabetes well controlled and making sure that you have your feet assessed by a podiatrist will help to keep your feet healthy.

Shoes

Shoes are a common cause of damage to feet as you may not feel them rubbing. Always wear well-fitting shoes with a low heel, soft uppers (preferably leather) and with a strap or lace to hold your foot securely and stop your feet slipping forwards. Have your feet measured for new shoes and ensure they are the right length and that they are deep and wide enough at the toe area. Watch out for seams on the uppers as these can irritate toes and cause corns/callus.

A good shoe has:-

- ❑ Lots of room for your toes.
- ❑ A cushioned sole
- ❑ Soft uppers with no seams
- ❑ An upper made of natural materials, i.e. leather
- ❑ A lace or a strap
- ❑ A firm back to control the heel when walking
- ❑ A heel height of less than 1.5 inches (3-4cm)

Always ask for your feet to be measured and shop at stores where there is a large selection of styles, sizes and fittings.

Good quality trainer type shoes are a good style of shoe to wear. The cushion sole is shock absorbing and this can reduce the amount of pressure force transferred through to your feet when you are walking.

Slip on shoes and slippers should be avoided.



Your podiatrist will advise you on the correct style of shoe for your feet.

Specialist Shoes and Insoles

If you have been fitted with special footwear or insoles, it is important that you only wear these shoes. Research has shown that if you do this you are less likely to develop a new foot ulcer.

Your podiatrist may refer you to a clinic for specialist shoes or may advise you to visit a specialist footwear shop.

Hosiery

Socks should be made of natural materials such as cotton or wool, be free from bulky seams and have non-elastic tops preferably. Tights and sockettes/footlets are now available with cotton soles that allow the absorption of sweat. Your Podiatrist will be able to advise you where these can be purchased.

Hosiery as well as shoes should be sized to fit your feet. If they are too tight this will cause constriction around your toes.

Many people wear their hosiery inside out to help prevent any seams rubbing over their toes.

Shoe checks

Always check your shoes before you put them on. Look out for any rough or cracked linings/insoles and for any small objects that may have gotten into your shoes. Finally, check that no drawing pins, nails or pieces of glass have pierced the outer soles.