

Toe the line for healthy feet



Australia has the **second highest** rate of diabetes-related amputations in the developed world. There are over **1 million** Australians who have diabetes.

Every week, **85** Australians **lose toes, feet** or even their **legs** because of diabetes complications. It is suggested that up to 85 per cent of diabetic foot complications can be **prevented** through education and awareness of diabetes foot care.

When you have **diabetes** or **vascular** problems you need to **care for your feet** every day.



Don't let this happen to you



What can I do?

5 Tips to healthy feet

LOOK

Check your feet every day for any changes – use a hand mirror to see underneath your feet

PROTECT

Wear correct fitting shoes and never go barefoot

PREVENT

Don't allow problems to occur - wash and dry your feet properly every day

SEEK

If you notice any changes immediately seek medical advice from a foot care professional

DO

Have an annual foot check from a podiatrist