

## How WAMS can help you

At WAMS, our staff are very friendly and experienced. People who can help look after your diabetes and diabetic foot include our doctors, nurses, Aboriginal health workers, podiatrists, and diabetic educators.

We all aim to get you at your healthiest.



Walgett Aboriginal Medical Service  
37 Pitt St. (PO Box 392), Walgett NSW 2832  
Phone: (02) 6820 3777  
Email: [walgettams@bigpond.com](mailto:walgettams@bigpond.com)

## Diabetic Foot Care

 Walgett Aboriginal Medical Service



**Healthy feet are happy feet**

## What is diabetic foot?

Diabetic foot describes problems with your feet caused by diabetes. These include ulcers and infection.

### Foot Sores (or Ulcers)

Diabetes damages your nerves and reduces your ability to feel pain. This means that you can injure your foot and develop sores (or ulcers) without even noticing.

Diabetes also clogs up your arteries. This reduces the blood flow to your feet and impairs your foot's ability to heal.



### Infections

People with diabetes have a harder time fighting off infection. Small injuries and ulcers also give bacteria an easy entry to underlying tissue or even bone.

## Why diabetic foot is important

Diabetic foot is a very serious condition which can land you in hospital. If the disease is so bad that the foot dies or is unable to heal itself, you may end up losing your toe or foot.



## Do you have diabetic foot?

You probably have some level of diabetic foot if you have had your diabetes for over 10 years. However, you can definitely develop it earlier.

For this reason, you should have your feet checked regularly by your doctor at least once or twice a year. Take an active role and remind your doctor to check your feet when you visit.

Podiatrists care specifically for your feet. This service is can be free for diabetics. Talk to your doctor for more details.

## How to prevent diabetic foot

### Diabetes Control

Diabetic foot can be prevented if your diabetes is well managed. This can be done with a combination of exercise, good diet, weight loss and medication. Your doctor will work with you to find the best treatment for you.

### Foot Care

Treat your feet like a good friend and visit them every day. Wash your feet daily and use this time to check for any cuts, cracks and sores. Dry your feet with talcum powder and then moisturise them to prevent cracks from dry skin.

Injuries can occur both indoors and outdoors so always wear shoes and socks, and never walk around barefoot.

## What if you find an injury?

Continue to care for your foot as usual. Your doctor can help if an injury is taking a long time to heal (more than one week).