## Diabetes & Foot Ulcers

## The Facts ....

Every 2 minutes someone in the UK is diagnosed with diabetes

8793
Diabetes related amputations occur in the UK every year



## £10 Billion

is spent on diabetes by the NHS every year

Almost 80%

of the money the NHS spends on diabetes is on treating complications

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4.7 million

people in the UK have diabetes

450,000

develop foot ulcers

7,000

result in amputations

## **Diabetic Foot Ulcers** Prevention Tips



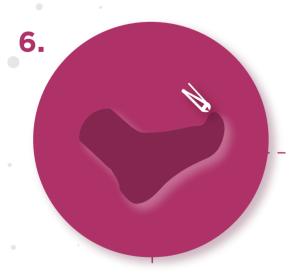
Wash and dry your feet thoroughly.



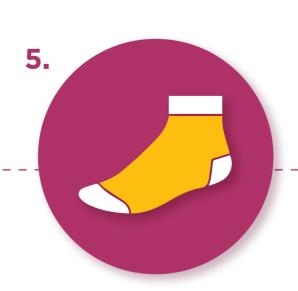
Inspect your feet every day, especially in between the toes.



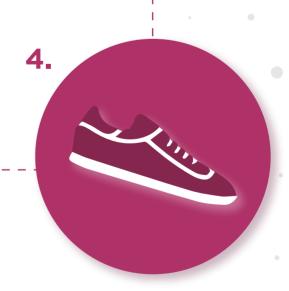
Don't walk barefoot.



Cut your toe nails straight across to avoid ingrown toenails.



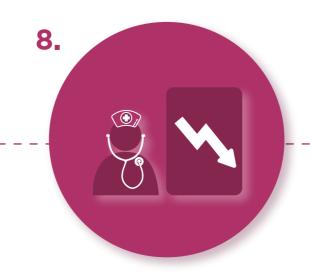
Wear loose fitted socks to promote blood circulation.



Only wear comfortable shoes that do not cause chafing.



Visit your GP frequently for feet examinations.



Work closely with a GP to control blood sugar levels.



Cut down on smoking and alcohol consumption.