

Every **2 minutes** someone in the UK is diagnosed with diabetes

£10 Billion is spent on diabetes by the NHS every year

8793 Diabetes related amputations occur in the UK every year

Almost 80% of the money the NHS spends on diabetes is on treating complications



 **4.7 million** people in the UK have diabetes

 **450,000** develop foot ulcers

 **7,000** result in amputations

Diabetic Foot Ulcers

Prevention Tips

1.



Wash and dry your feet thoroughly.

2.



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

3.



Don't walk barefoot.

6.



Cut your toe nails straight across to avoid ingrown toenails.

5.



Wear loose fitted socks to promote blood circulation.

4.



Only wear comfortable shoes that do not cause chafing.

7.



Visit your GP frequently for feet examinations.

8.



Work closely with a GP to control blood sugar levels.

9.



Cut down on smoking and alcohol consumption.