

BUT DON'T WORRY, HERE IS HOW YOU CAN PREVENT FOOT ULCERATION

Easy prevention steps:

See inside for a guide to the steps you can adopt to avoid foot ulceration!



Early reaction:

See inside to know when you need to show your feet to your healthcare professional!



If you have any doubts or questions

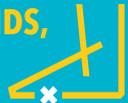
don't hesitate to speak to your closest healthcare professional!



MANY FOOT ULCERATION CASES COULD BE PREVENTED.*

1. Boulton AJM. The diabetic foot. Diabet Med 2006;34:87-90

**CLOSING WOUNDS,
SAVING FEET,
SAVING LIVES.**



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KEEP YOUR FEET SAFE

Here is your checklist to make sure you keep your feet safe:

- Did you get your feet checked by a healthcare professional in the past 12 months, to evaluate your level of risk?
- Do you know when you have to get your feet checked again by a healthcare professional?
- Did you receive all the information regarding foot ulceration and how to prevent it?

Find out more
savefeetsavelives.sg
contains further detailed information, guides and videos.

Call your doctor if you notice anything unusual or worrying.

Name of Doctor:

Number of Doctor:

Surgery Address:

D-FOOT
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Do you have diabetes?



SAVE FEET, SAVE LIVES

If you have diabetes, a foot ulceration can be serious, so find out about prevention and getting your feet checked.

**CLOSING WOUNDS,
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DIABETIC FOOT ULCERS: THE FACTS

! **1 IN 4 PEOPLE WITH DIABETES DEVELOP A FOOT ULCER**¹

! **DIABETES CAUSES A FOOT AMPUTATION EVERY 20 SECONDS**²

! **IF NOT TREATED QUICKLY AND CORRECTLY, DIABETIC FOOT ULCERS CAN CAUSE A SERIOUS RISK TO LIFE**

Check your level of risk with your healthcare professional

<p>01 Ulcer risk Very Low</p> <p>Characteristics No LOPS* and No PAD**</p> <p>When to monitor with a healthcare professional? Once a year</p>	<p>02 Ulcer risk Low</p> <p>Characteristics LOPS* or PAD**</p> <p>When to monitor with a healthcare professional? Once every 6-12 months</p>
<p>03 Ulcer risk Medium</p> <p>Characteristics LOPS* + PAD**, or LOPS* + foot deformity, or PAD** + foot deformity</p> <p>When to monitor with a healthcare professional? Once every 3-6 months</p>	<p>04 Ulcer risk High</p> <p>Characteristics LOPS* or PAD**, and one or more of the following: • history of a foot ulcer • a lower-extremity amputation (minor or major)</p> <p>When to monitor with a healthcare professional? Once every 1-3 months</p>

LOPS* : Loss of Protective Sensation

Diabetes can cause damage to the nerves and is associated with LOPS due to neuropathy. It allows injuries to go unnoticed, leading to ulceration.

PAD** : Peripheral Artery Disease

Sometimes called poor circulation, PAD usually refers to the narrowing of arteries in the legs, leading to less blood flow to the muscles.

1. Setacci C, de Donato G, Setacci F, Chisci E. Diabetic patients: epidemiology and global impact. J Cardiovasc Surg (Torino). 2009 Jul; 50(3) : 263-73. / 2. Whiting, D. R., Guariguata, L., Weil, C., and Shaw, J. 2011. "IDF Diabetes Atlas: Global Estimates of the Prevalence of Diabetes for 2011 and 2030." Diabetes Res. Clin. Pract. 94 (3): 311-21.

The four steps to keep your feet safe and prevent foot ulceration



Step 1: Check your blood sugar levels

Keeping your blood sugar within target throughout the day is the first step to prevent foot ulceration.



Step 2: Daily foot care

Wash your feet in lukewarm water, dry them properly and moisturise if needed.



Step 3: Daily foot check

Check your feet everyday for cuts and wounds. Do not forget the soles of your feet or between your toes. You can ask your nurse or doctor to check them for you during your regular check-ups.

! **Make sure you get your annual foot check with your healthcare professional to evaluate your level of risk.**



Step 4: Appropriate footwear

- ✗ Avoid walking around barefoot, in socks, or in thin-soled standard slippers.
- ✗ Do not wear tight or knee-high socks.
- ✓ Wear properly fitting footwear: not too tight or too loose. The inside of the shoe should be 1-2 cm longer than the foot, allowing room for foot to breathe. The internal width should equal the width of the widest part of the foot, and the height should allow enough room for all the toes.
- ✗ Avoid shoes that are too small or pointed at the ends.



✓ Shoe that creates breathing space.



✗ Shoe that puts pressure on feet.

NEED A DOCTOR?

Go to your doctor straight away, if you notice anything unusual or worrying during your footcheck, such as:

- ✗ An ulcer
- ✗ A scratch
- ✗ A cut
- ✗ A blister
- ✗ Swelling or redness
- ✗ Or feel pain

For video and further advice, visit savefeetsavelives.sg