

Helpful Contacts

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Diabetes Feet Australia
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Australian Podiatry Association
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**This is a guide only and does not
replace clinical judgment**

References

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Diabetes-related Foot Ulcers

Information for people, family and carers



Diabetes-related Foot Ulcers

What is a diabetes-related foot ulcer?

- A diabetes-related foot ulcer is a sore or broken skin area, often on the bottom of the foot or over bony areas
- They can occur from injury, pressure, or rubbing of skin (e.g., from shoes)
- They may worsen because of lack of feeling (neuropathy) in your feet
- Most diabetes-related foot ulcers can be prevented or healed quickly if they are picked up early

Poorly fitting shoes are the most frequent cause of diabetes-related foot ulcers

Do

- ✓ See a skilled health professional to inspect feet at least once / year
- ✓ Inspect feet and toes daily – a mirror may help
- ✓ Check there are no sharp or rough edges in shoes before putting them on
- ✓ Tell your health professional as soon as possible if you notice red areas, a blister, cut, scratch or sore
- ✓ Wash and dry your feet carefully, especially between the toes
- ✓ Check the temperature of water before putting your feet in!
- ✓ Wear your prescribed footwear, or offloading walker or orthotics
- ✓ Monitor blood sugar levels regularly. Healthy blood sugar levels promote healing
- ✓ Help your circulation by avoiding smoking, cold, and dehydration



Don't

- ✗ Do not walk indoors or outdoors without socks and shoes
- ✗ Do not use plasters to remove calluses, see a health professional
- ✗ Do not use a heater or hot water bottle to warm your feet
- ✗ Do not wear shoes and socks that are too tight or too loose, or socks with seams

