Preventing Foot Complications  
a guide for people with diabetes (type 1 or type 2)

What is an ulcer?
Ulcers are wounds or open sores that do not heal in a week or keep returning.

What causes ulcers?
- Having diabetes increases your risk of developing a foot ulcer.
- Poor blood circulation means that your foot and lower leg take longer to heal.
- About 15% of people with diabetes will develop a foot ulcer.
- Foot ulcers that do not heal can lead to amputation.
- Foot ulcers are the reason most people with diabetes go to hospital.
- Loss of feeling in your feet and/or lower leg may mean you will not notice a wound.

Am I at risk of foot complications?
- If you have diabetes you are at risk.
- If you have had an ulcer before, you are at higher risk of getting another ulcer.
- If you have had an amputation, you are at higher risk of getting an ulcer.
- Ask your doctor, podiatrist or nurse what your risk is.
  - If you are in a low risk group, your feet should be medically checked every year.
  - If you are in a higher risk group your doctor, podiatrist or nurse should check your feet at each visit (every 3-6 months).
- Your doctor, nurse or podiatrist will also look at the following things to assess your risk.
  - History of wounds (ulcers) and amputation
  - Circulation – pulses in your feet
  - Feeling in your feet
  - Foot shape and structure

Support and information
See your doctor, nurse or podiatrist as soon as you can if you have any concerns.

This information is based on research studies and the advice of health experts
These guidelines have been endorsed by:  
| Australasian Podiatry Council | Australian Diabetes Educators Association |
| Australian Diabetes Society | Australian Practice Nurses Association |
| Diabetes Australia Ltd | Pharmaceutical Society of Australia |
| The Royal Australian College of General Practitioners |
What can I do?

- Keep your blood glucose level within the recommended range.
- **Make sure your footwear fits well and does not rub.** Poor fitting footwear (shoes) causes most wounds and foot damage.
- Make sure your socks do not restrict circulation in your legs.
- Ask your doctor, podiatrist or nurse about a foot protection program, foot care education and checks of your feet.
- See your doctor, nurse or podiatrist immediately if you have persistent red areas, blisters or bruises on your feet.
- Any wound is serious - **you must see a doctor, nurse or podiatrist immediately.**

Check your feet daily

use a mirror if needed

- It is important that you check and wash your feet daily.
- If you cannot see the bottom of your feet, use a mirror or get someone else to check the soles of your feet.
- If you have any of these, see your doctor, podiatrist or nurse as soon as you can.

- Wound, cut or damage to your feet or lower leg
- Any loss of feeling in your feet (to touch or temperature)
- Any change of colour in your feet (bruising, light or dark areas)
- Any calluses (hard areas of skin) on your feet or toes
- Any change in the shape or your feet or toes