

HOLIDAY FEET

Diabetes is a life long condition, which can cause foot problems. Some of these problems can occur due to damage to the nerves supplying your feet affecting feeling (peripheral neuropathy) and damage to the blood vessels supplying your feet resulting in reduced circulation (ischaemia).

These changes can be very gradual and can go unnoticed which is why it is very important that you check your feet regularly, especially when on holiday as you may be more active than normal.

Keeping good control of your Diabetes, cholesterol and blood pressure will help to minimise the risk of developing foot complications.

With the advice in this leaflet you will hopefully be able to care of them yourself whilst enjoying your holiday.

ADVICE TO KEEP YOUR FEET HEALTHY

On the journey

Long journeys can make your feet swell. Try to walk about every half hour if possible, even a short distance will help. This will keep circulation moving and keep swelling down. Remember your feet may swell in heat so make sure your shoes have adequate room.

Check your feet daily

You should check your feet at least once a day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness, just as you would at home.

Wash your feet

Wash your feet daily in warm water and mild soap. Rinse them thoroughly and dry them carefully, especially between the toes.

Moisturise your feet

If your skin is dry apply a moisturising cream daily, avoiding the areas between the toes. Extra moisturising may be necessary if skin gets very dry in very hot or cold weather.

Toenails

Carry out your usual toenail cutting process, as advised by your podiatrist.

Footwear

Avoid walking barefoot at any time, particularly on the beach as the sand can become very warm and you may burn your feet without realising. If you do go into the sea, wear some sort of protected footwear i.e. plastic shoes. If you have been supplied with footwear these **MUST** be worn exclusively during your holiday.

Minor Cuts and Blisters

Take a small first aid kit comprising sterile gauze dressings, antiseptic and micropore. In the event of a small blister, cut or graze use diluted antiseptic on a gauze swab to clean the wound and tape on a dry sterile gauze dressing. Do not use cotton wool.

Avoid extremes of temperature

Protect your feet from sunburn with a high protection sun factor or keep them covered. If you discover any problems with your feet, contact your Local Podiatry Clinic or GP for advice immediately.

**HAPPY FEET WILL HELP
YOU TO ENJOY YOUR HOLIDAY**