



## In This Issue

- Diabetics and Footcare
- Top 10 Care Tips for the Diabetic Foot
- Klenz your Footwear
- Wedding Feet Special Offer

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## Welcome...

Welcome to FootWise, the newsletter from your friendly Podiatry team at 'A Foot Above®', Beeston.

## Diabetes and Footcare

Foot care amongst diabetics is incredibly important...

The presence of high blood glucose levels over a long period of time may result in damage to the body and to bodily functions. A condition called 'diabetic neuropathy' (loss of feeling at the parts of the body furthest away from the core, ie, the hands and feet) sometimes occurs over time. Commonly, this manifests itself as peripheral neuropathy, and usually affects the sensory nerves in the legs. If your nervous system is even slightly damaged, the extremities of the body can become numb. For this reason, you may not be able to feel foot problems until they have developed. Furthermore, normal skin lubrication may be impaired and the feet may become dry and cracked. Pressure from walking and running may go unfelt, whilst developing into serious problems. Also, because the immune system may be damaged or not functioning correctly, these may take longer to heal. Infections may quickly spread and become gangrenous.

## Top 10 care tips for the diabetic foot

1. Monitor Blood Glucose levels and keep them within the recommended range.
2. Check your feet every day for any changes such as cuts, swelling, blisters etc. If you experience trouble checking the soles of your feet, use a mirror or ask a friend assistance. If you are concerned about any abrasions on your feet consult your friendly Podiatrist at 'A Foot Above'.
3. Have a daily cleansing routine for your feet. Wash your feet in warm water and dry thoroughly, paying special attention to the areas between the toes.
4. Moisturise your feet to keep them soft and supple. Use a thin coat of moisturiser on the tops and soles of the feet, avoiding between the toes.

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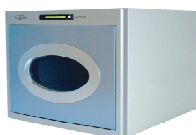
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5. If your feet are classed as Low risk then use a fine pumice stone to smooth corns and calluses. Do not use over the counter creams or sharp objects such as graters or blades on corns and calluses.
6. Cut your toenails on a regular basis or as required. Trim the nail to the shape of the nail and file the edges with an emery board or nail file.
7. Protect your feet by wearing shoes and socks at all times. Never walk barefoot.
8. Wear supportive, comfortable and well fitting shoes. Check the inside of the shoe before putting on the foot to ensure the lining is smooth and there are no objects inside the shoe.
9. Protect your feet from the extremes of hot and cold:
  - \* Wear shoes on hot sand or pavements
  - \* Wear cotton or woolen socks in bed if you have cold feet
  - \* Refrain from using your feet to test bath water
  - \* Do not use hot water bottles or heat pads on your feet
10. Keep the blood flowing to your feet with the following advice:
  - \* Exercise regularly.
  - \* Elevate your feet throughout the day where possible
  - \* Wiggle your toes, circulate your ankles for 5 min, 3 times a day
  - \* Refrain from crossing your legs for long periods
  - \* If you smoke - Give up! Smoking adversely affects circulation.

## Klenz your Footwear...only £2



This machine uses new technology to sanitize your footwear in only 8 minutes; giving you the peace of mind that your feet are not being re-infected as soon as you put your shoes back on. Klenz kills the bacteria and fungal spores that cause bad odours, infections like Athletes Foot, fungal nails and stops the deterioration of materials. So, not only will shoes smell as fresh as when you bought them, they will not contaminate you & will last longer. Make your shoes smell like new – give them the Klenz treatment!

## SPECIAL OFFER Wedding Feet

Have your feet looking their best for that special summer wedding day. Treat the wedding party to a Chiropody treatment and have those feet looking healthy to enable them to be shown with confidence. Chiropody includes the removal of hard skin, treatment of discoloured nails, toenails cut, corns removed, ingrown toenails treated and a foot health check. Buy 5 chiropody appointments and the BRIDE is treated for FREE!!!

**Call 'A Foot Above' on 0115 922 33 77  
for appointments.**

Society of Chiropodists & Podiatrists



Accredited Practice

