

## Putting feet first with Diabetes UK

Diabetes UK is a charity for all people with diabetes and anyone who wants to learn more about the condition. Diabetes UK is heading up a campaign called Putting Feet First which aims to raise awareness of the foot complications that can arise as a result of diabetes. For example, each day, there are more than 20 leg, foot or toe amputations as a result of diabetes, and of these 4 out of 5 operations are preventable.

The campaign has a number of resources available for people with diabetes-related



foot ulcers to encourage them to take good care of their feet, and know what to expect at their annual foot check. The campaign also asks that people share their stories and experiences of living with a diabetes-related foot ulcer, to raise awareness.

[www.diabetes.org.uk](http://www.diabetes.org.uk)

## Your feet matter so learn how to care for them!

The Legs Matter coalition is working together to increase awareness and understanding of lower leg and foot conditions, and to prevent unnecessary harm from occurring through inadequate care.

The website contains a wealth of information for people with diabetes-related foot ulcers, including wound and skin care advice, and information on what to do if you are not satisfied with the care you are receiving from your healthcare professional, including how to communicate with your doctor or nurse, ask for a second opinion or referral, or lobby your MP if you feel your care has fallen short.

Finally the website provides the opportunity to share your story of life with a foot ulcer with others in the position.



[www.legsmatter.org](http://www.legsmatter.org)