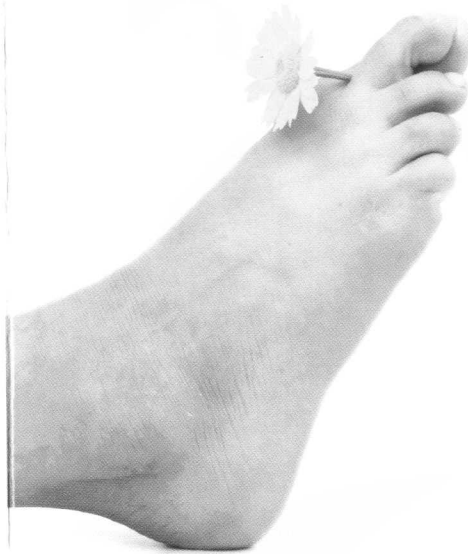


## THINGS TO AVOID

- ▶ Avoid pointy-toe, high heels, strapless and backless shoes
- ▶ Don't wear tight socks or garters
- ▶ Avoid walking barefoot whenever possible because of the risk of burns from hot surfaces or sharp objects
- ▶ Never use corn medicines or razor blades, always see a podiatrist for treatment and advice.
- ▶ Don't smoke because it damages the blood supply to your feet
- ▶ Don't wear jewellery on your feet

**REMEMBER THAT EVEN IF FOOT PROBLEMS ARE PAINLESS THEY CAN STILL BE SERIOUS**



***Never use corn medicines or razor blades, always see a podiatrist for treatment and advice.***



Suite 3 Buderim Medical & Dental Centre  
Cnr, King & Box Streets  
BUDERIM 4556  
Tel: 5445 1376  
E-mail: Ainslie\_D@bigpond.com

## Foot Care affected by Diabetes

*"encouraging mobility for a lifetime"*



**BUDERIM PODIATRY CENTRE**

**Tel: 5445 1376**