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NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.



www.fifehealthandsocialcare.org

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PODIATRY DEPARTMENT



NEUROPATHY

NEUROPATHY

This is a condition that some people who have diabetes may develop. The small nerves in the feet become damaged.

There are different nerves responsible for different sensations i.e.

- Pain
- Temperature
- Touch
- Vibration

Some or all of these may be lost causing:

- Numbness
- Tingling
- Burning sensation
- Sharp pain, worse at night

If you suffer from neuropathy you may lose the ability to feel in your feet and toes. It is therefore very important to follow the guidelines below.

1. Inspect feet daily for any breaks in the skin or areas of discharge.
2. Wear well fitting shoes with either laces or strap fastening, this will provide the best support. New shoes should only be worn for short periods of time.
3. Check footwear is free from any objects e.g. grit and stones before putting them on.
4. Check bath water temperature with a thermometer, it should be no hotter than 36°C.

5. Avoid feet and legs coming into contact with direct sources of heat i.e. hot water bottles, electric blankets and sitting too close to the fire - wrap a blanket around your feet and legs instead.

6. Once you have been diagnosed with Diabetic Peripheral Neuropathy and you drive you must notify the DVLA regarding the change in your foot health.

**GOOD CONTROL OF YOUR
DIABETES WILL DECREASE THE
RISK OF PROBLEMS
DEVELOPING IN YOUR FEET**