

Help us get it right

If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff. We learn from your feedback and use the information you provide to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email Ich.pet@nhs.net

Contact us

Podiatry Service

2/F Stockdale House
Headingley Office Park
Victoria Road
Leeds LS6 1PF
Monday to Friday, 9am to 5pm
Tel: 0113 84 30730

We can make this information available in Braille, large print, audio or other languages on request.



**Leeds Community
Healthcare**
NHS Trust

Nerve damage to feet from Diabetes



www.leedscommunityhealthcare.nhs.uk

What is Neuropathy?

Neuropathy is the name given to nerve damage – usually from complications associated with diabetes. Diabetes harms the tiny blood vessels which carry oxygen and nutrients to your nerves. The nerves are damaged by this starvation and then struggle to get messages to the brain.

In people with diabetes, nerves in the feet are usually first to be affected. There are many symptoms, but they can include numbness, tingling, burning and pins and needles. It is also possible to have no symptoms. Some people may develop severe pain due to the nerve damage.

Further information: www.scpod.org

What you can do for yourself:

- It is really important to maintain good blood glucose control through diet or medication. Neuropathy is more common in people with poorly controlled diabetes.
- Maintaining a healthy diet, doing regular exercise and stopping smoking will all help.
- Get advice from your doctor, practice nurse, podiatrist or diabetes nurse specialist.
- Follow your prescribed treatment. This can include prescription medication and other therapies if needed
- Check your feet every day for colour change, breaks in the skin or discharge or swelling. Use a mirror to help you with this if necessary.
- Check your feet very regularly after you have bought new shoes. The neuropathy might mean you don't feel any pinching or rubbing which could cause you further problems.
- Check for bits of grit or any other foreign objects before you put your shoes on.
- Don't treat any foot problems yourself – get advice and help
- Don't use corn pads or cures which contain acid – this will damage healthy skin.
- Don't remove hard skin with razors or anything sharp
- Don't go barefoot; even on carpeted floors
- Don't warm your feet directly on a hot water bottle, fire or heater and test the water before you get into the bath to make sure it's not too hot.