

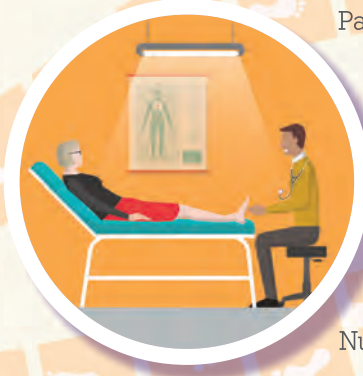
Healthy Me: My Healthy Feet

1 Checking your feet



Checking your own feet is essential to maintain good foot health. Get into a good daily foot health routine. View the Pocket Medic films on your laptop or apple/android mobile phone to understand the importance of checking your feet.

2 Annual foot screening



Part of your annual check up at your GP surgery will include a foot assessment, advice on how to self care through information prescriptions and pocket medic. If no hazards to foot health have been identified you will continue to have an annual assessment with your Practice Nurse.

3 Nail Care

Unable to carry out own nail care? Age connect offer a routine nail care service. This is not available through Podiatry services.
<https://www.ageconnects.wales.org.uk/our-nail-cutting-service>



4 Podiatry Consultation

You have been referred to the Podiatry team often referred to as the foot protection team due to your GP Practice identifying hazards to your feet which can put them at risk to ulceration. The podiatrist will help you understand what this means and how to reduce or take control of the problem.



5 Foot Attack



When checking your feet if you see something unusual that could include increased heat, swelling, breaks in the skin then you could have what is called a Foot Attack and you should seek urgent attention by getting in touch with your Podiatry service straight away. If this is during the weekend go straight to your nearest A&E department – **DONT DELAY!**

6 Meet the team



If you find that you have developed an ulcer on your foot you might require seeing other specialists to help in your care, these are often referred to as the multidisciplinary team.

7 Healthy feet

Remember healthy feet are important to carrying out many of our daily activities.
Look at your feet every day!



For further information on the care of your feet please check out the Pocket Medic links above.



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