

West Dorset Diabetes UK Group



Your Annual Foot Check

Whether you have Type 1 or Type 2 diabetes you're more likely to be affected by foot problems. This is because having high blood sugar levels over a long period of time can affect the nerves and blood vessels supplying your feet. This increases your risk of foot ulcers and other problems, and can lead to amputations of toes, feet and lower limbs. So, it's important you have a foot check at least once a year.

What to expect at your foot check

The skin, circulation and nerve supply of your feet and legs will be checked by your GP or practice nurse, at your GP surgery, either as part of your annual review or if foot problems crop up. You should also have your feet checked on any admission to hospital. Your foot check will include:

- **You'll be asked** to remove any footwear, including socks/stockings.
- **Your feet will be examined** including looking for corns, calluses and changes in shape.
- **Your feet will be tested** for numbness or changes in sensation with a tuning fork or a fine plastic monofilament strand .
- **Your footwear will be examined** to make sure it's not causing any problems to your feet.
- **Your foot pulses** will be checked.

2016 Events.

Unless otherwise stated these will be held at the Dorford Centre, Bridport Road, Dorchester DT1 1RR (opposite the Top o' Town car park) on the 2nd Thursday of every other month. Open at 7.00pm for registration, coffee and socialisation. Speakers will start at 7:30pm. All are welcome.

- Thursday 13th October
Food advice for All.
- 8th December
Christmas Get Together at the Diabetes Centre, Dorset County Hospital
Dorchester.

Other Events

- 17th August - Gillingham & Shaftesbury Show, Turnpike showground, Motcombe, Dorset SP7 9PL
- 25th August - Melplash Show, West Bay Road, Bridport DT6 4EG
- 3rd - 4th September - Dorset County Show, Dorchester Showground, Dorchester DT2 7SD
- 16th - 17th September - The Big Collection, Dorchester Tesco, Weymouth Avenue, Dorchester DT1 2RY



- **At the end** of the check, you'll be told the results and your level of risk of foot problems. You'll also be given information about what your level of risk means and what to do next, including advice about how to care for your feet (according to your level of risk). If the person doing the foot check thinks you are at moderate/increased risk of foot problems, you'll be given a Foot Attack booklet, an agreed management/treatment plan, emergency contact details and referral to your nearest Foot Protection Service as appropriate.

Problems to look out for

Tell the person doing the check if you have:

- noticed any problems or changes (e.g. cuts, blisters, broken skin or corns) in your feet.
- had any previous foot problems or wounds.
- experienced any pain or discomfort in your feet.
- cramp-like pains when walking.
- any problems you are having managing your diabetes.

For more on foot care, go to www.diabetes.org.uk/putting-feet-first or call **0345 123 2399** and ask for foot leaflets.



Take Care of your Kidneys

Kidney disease or damage (nephropathy) can happen to anyone, but if you have Type 1 or Type 2 diabetes, you're more likely to be affected by it. Taking care of your kidneys and so reducing your risk is an important part of managing diabetes. Here's how:

1. Attend all medical appointments.
2. Keep your blood sugar, cholesterol and blood pressure levels within your target range. Ask what these levels are and whether they are in target range. If not, ask what you and your diabetes team can do to get them there.
3. Have your urine tested for protein and have a blood test to measure kidney function at least once a year and ask if the results are within range.
4. If you smoke, get help to stop.
5. Eat a healthy, balanced diet low in fat, salt and sugar and with 5 portions of fruit and vegetables.

6. Keep active by gardening or walking both of which count.

A recent Diabetes UK survey on kidney checks found that 8.5% of people with diabetes were charged for urine sample bottles while receiving this crucial check. People with diabetes shouldn't be charged. If you're being asked to pay for your sample bottle contact policy@diabetes.org.uk or telephone **0345012302399**



Children Sponsorship

This year we have sponsored 2 children to attend a Diabetes UK Care Event where they will be able meet other children with diabetes and give them more confidence in managing their condition.



Come and see us

As well as being at the Dorset County Show we will be at the Gillingham and Shaftesbury Show, and the Melplash Show. So if you would like to see us or get the latest Diabetes UK information, do pop along to our stand for a chat. We are there for you and all those who live or work with diabetes.

~~Suitable For Diabetics~~

Banning Diabetic Food Labels

Diabetes UK welcomed new rules that ban food manufacturers from labelling products as 'suitable for diabetics'. It follows years of lobbying from Diabetes UK to remove such labeling from products. It came into force on 20 July 2016, the rules will help people with diabetes to make informed choices when buying foods. 'Diabetic' foods are often as high in fat and calories as standard products, and can have a laxative effect.



Dorset Diabetes Eye Screening Program

Your local Diabetic Eye Screening Programme values your feedback on the service it provides to you. So, please tell them about your recent experience when attending your diabetic eye screening appointment and let them have your thoughts on how well the programme runs at the moment along with any suggestions you may have for helping them to make improvements.

You can provide feedback in any of the following ways:

Via their website: www.dorsetdiabeticeyescreening.co.uk

By Email: diabetic.eyescreen@dhuft.nhs.uk

By post: The Dorset Diabetic Eye Screening Programme
First Floor, The Acorn Building
St Leonards Hospital
Ringwood Road
Dorset
BH24 2DW

By telephone: 01425 891139



Our Expanding Commitment

We receive more and more request to provide education stands at events all over Dorset. This has placed greater pressure on our limited resources, especially manpower. So yet again we are calling out for anyone willing to spend a few hours a month to help in any way they can. We are in need of the following:

- a Treasurer, as he is retiring in February 2017
- a Secretary
- a Group Administrator
- a Media Officer to handle advertising
- and volunteers at events

We do not expect you to know all about Diabetes.

Training will be given to help you.

Contact us to find out more.

Contact:

: 01305 835870

: <http://west-dorset.diabetesukgroup.org/contact>

Text: 07879216031.



Tim Freeborn
Editor

Current Committee:

Shona Freeborn - Chair
Tim Freeborn - Secretary
Graham Sargent - Treasurer
Jane Nicklen - Committee Member
Becca Martin - Committee Member