



Limbs 4 Life™
Empowering Amputees

Foot Care Tips for Amputees



When you have diabetes or vascular disease problems you need to care for your feet every day.

85 percent of diabetic related amputations can be prevented.

To find out if you are at risk, take the quiz today - visit: care4feet.org.au

TURN OVER FOR FOOTCARE CHECKLIST

Toe the line for healthy feet.



LOOK

Check your feet every day for any changes - use a hand mirror to see underneath your feet

PROTECT

Wear correct fitting shoes and never go barefoot

PREVENT

Don't allow problems to occur - wash and dry your feet properly every day

SEEK

If you notice any changes immediately seek medical advice from a foot care professional

DO

Have an annual foot check from a podiatrist

1300 78 2231
limbs4life.org.au
