Australia has the second highest rate of diabetes-related amputations in the developed world. There are over 1 million Australians who have diabetes.

Every week, 85 Australians lose toes, feet or even their legs because of diabetes complications. It is suggested that up to 85 per cent of diabetic foot complications can be prevented through education and awareness of diabetes foot care.

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