



## Diabetic Foot Prevention Programme

Keeping

You

Walking

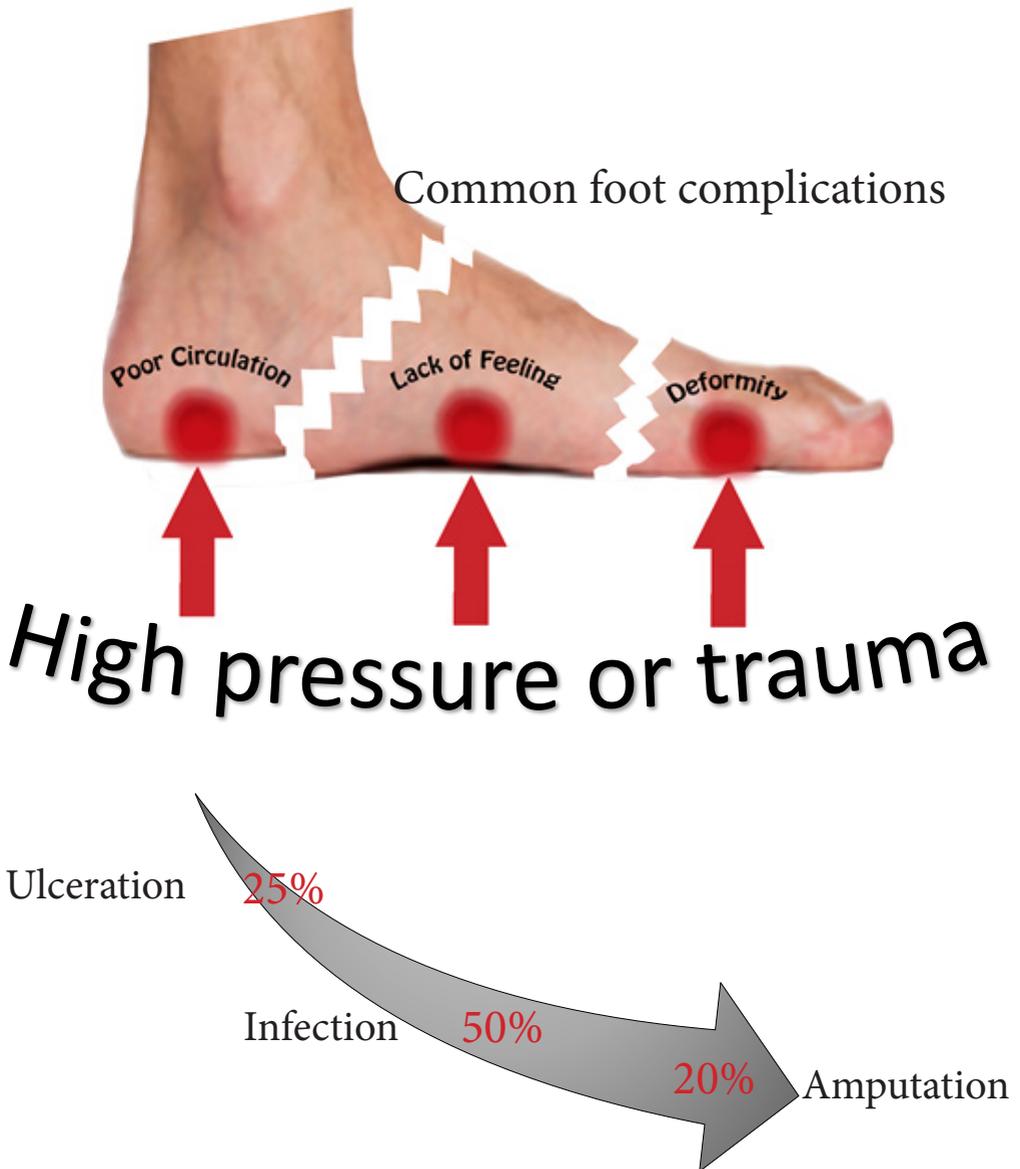
Identify

Prevent complication

Save limbs

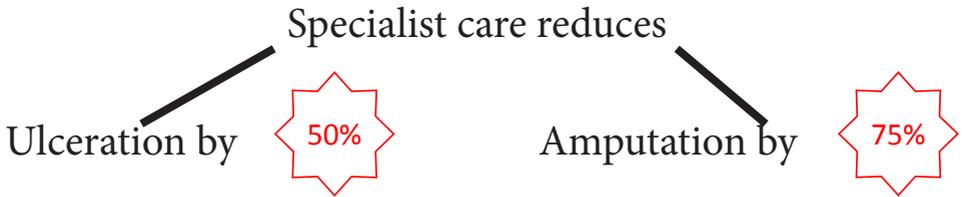
# The Problem

Did you know that, if Diabetes were a nation, it would be the 4th largest in the world, such are the numbers of people with diabetes, and the numbers are growing?



# The Solution

With over 30 years of experience at treating complex diabetic foot complications, we have considerable experience in how to prevent and manage diabetic feet. Our approach is evidenced based and well established within the scientific literature.



## Identification

Poor circulation

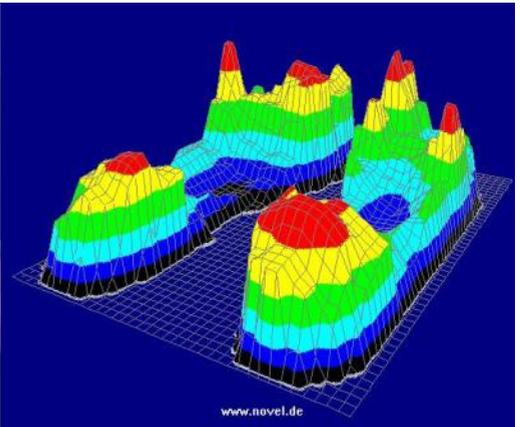
Specialist evaluation of blood flow identifies those at risk and allow prompt intervention where appropriate.

Lack of feeling

90% of people with a lack of feeling are unaware. By assessing your sensation we can advise on the severity and how to prevent complication.

High pressure

By assessing the level of deformity and using sophisticated equipment that analyses the pressure beneath the foot, we can identify if you are at risk of ulceration. We are able to measure the force between your foot and shoe / insole to determine if there is effective protection.



# Prevention

## Specialist shoe inserts

Premier Podiatry are the first clinic in the UK to provide the pressure and shape insoles. These are highly specialised insoles which are made based on a scan of your foot and the pressure pattern beneath the foot on walking.

Research has shown that these are far more effective than traditional insoles at reducing pressure and a randomised controlled multicentre study has shown that they reduce the re-ulceration rate by 3.5 times.



## Specialist shoes

We base your shoe requirements on the results of the investigations we perform to ensure you have the right level of protection. In many instances we are able to provide the shoes but, in the more severe cases, we will liaise with specialist shoe makers.

## Education

This is key to any prevention programme and we will advise you how to check your feet and monitor risk. We are able to provide equipment that measures the temperature of the skin beneath your feet. Studies have shown that identifying a change in skin temperature and seeking prompt treatment can prevent the risk of re-ulceration.

## Surgery

Where appropriate, we are able to correct deformity and deal with infection, often under local anaesthetic.