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Diabetic Foot Screen

If you have been diagnosed as diabetic you will have been advised a periodic foot check.

The podiatrist will check your feet starting with the skin and nails, working from the top of the foot through the toe webbing to the soles, long arch and heels. He will examine the feet for corns and callouses, blisters, Athlete's Foot, fungally infected nails, abrasions, heel splits and ulcers.

He will then conduct a number of checks. The circulation is checked using a piece of equipment called a Doppler. This is used to check the bloodflow through the artery on the top of the foot and the artery going around the inside of the ankle. The smaller blood vessel flow is also checked by pressing an area of skin, usually on the ends of the toes and seeing how long it takes to return to normal. Hair growth is also noted. There are a number of other checks for temperature sensation, vibration sensation and sensory sensation.

Once the podiatrist has taken a full medical history and conducted his various tests, he will advise you with regard to the frequency of the foot checks. Diabetic feet are graded today as low risk, medium risk and high risk.

At the time of your foot screen you will be given general advice regarding any presenting or possible future problems. You may also receive a short treatment and/or a prescription.