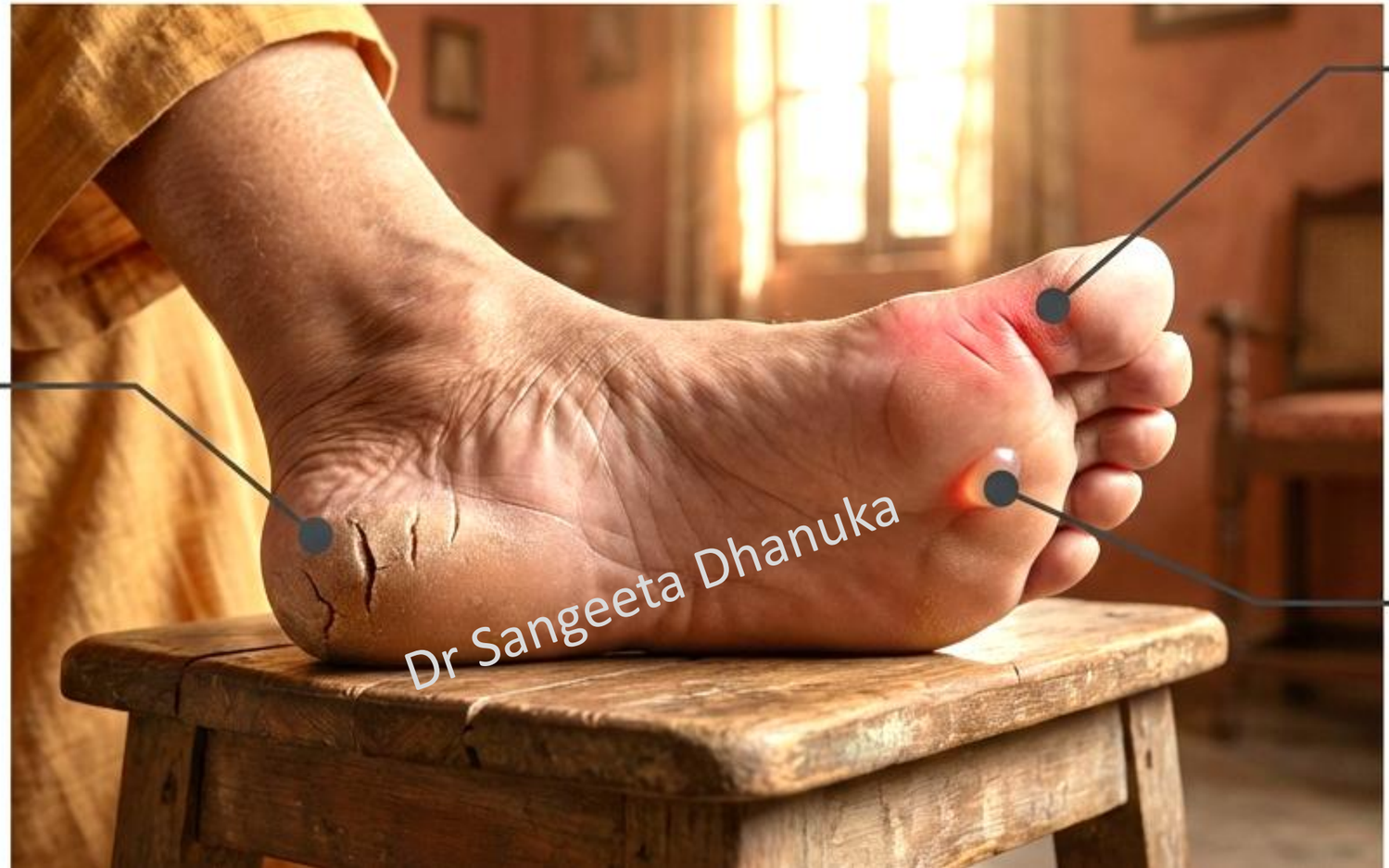

Sometimes the first warning is what you don't feel.
Diabetes can reduce sensation. Numbness or tingling may mean injuries go unnoticed.
Dr Sangeeta Dhanuka

DRY SKIN. RED SPOTS. SMALL BLISTERS.

These minor changes may seem harmless, but they can be the early signs of serious foot problems.



CRACKED SKIN

REDNESS

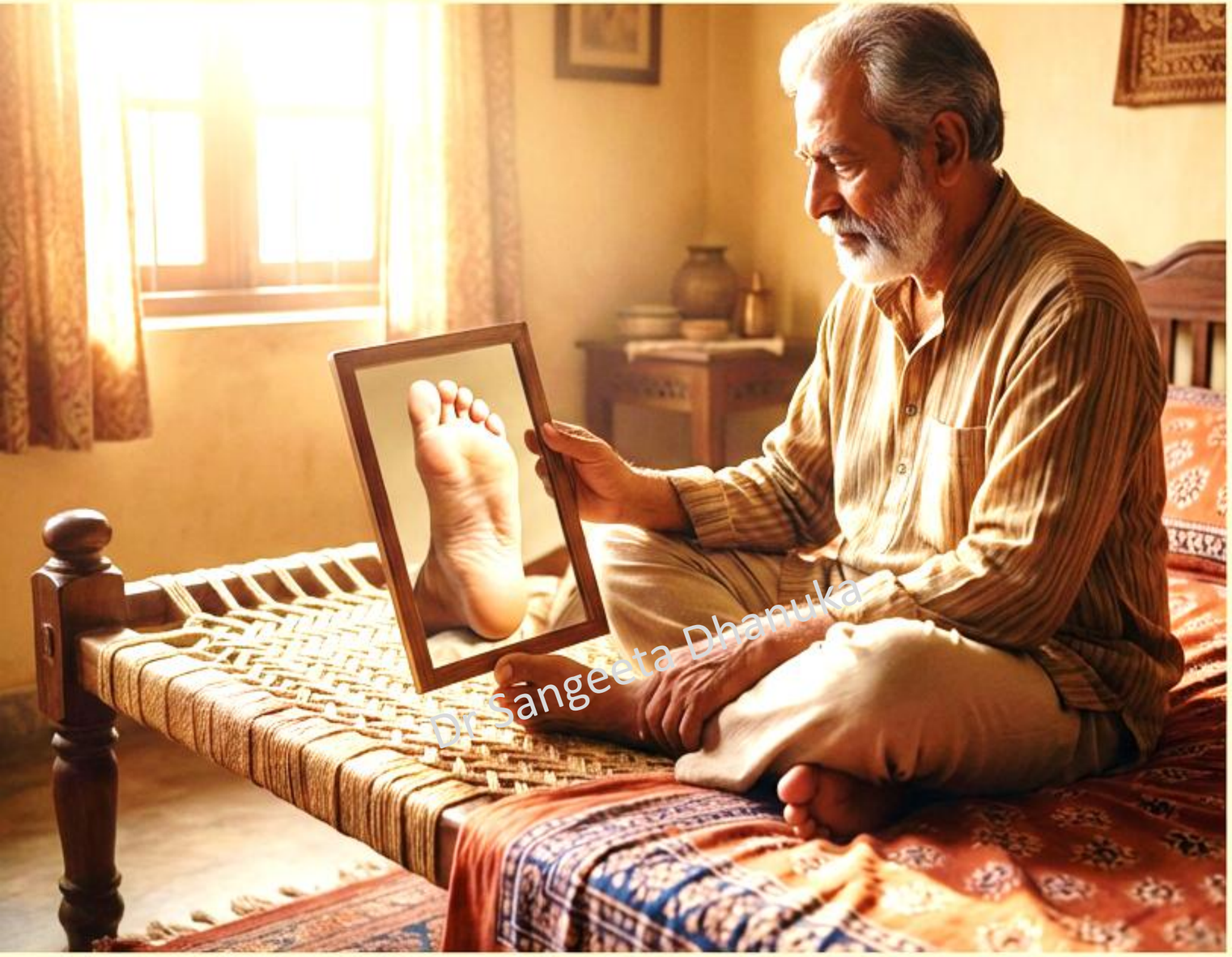
BLISTER

CALLUSES AND PRESSURE AREAS INCREASE RISK.

Thick skin, corns, or swelling often indicate pressure building in the foot — a common cause of ulcers.



IF YOU HAVE DIABETES, A QUICK DAILY FOOT CHECK CAN PREVENT SERIOUS COMPLICATIONS. IF YOU NOTICE CHANGES, CONSULT YOUR DOCTOR EARLY



- Look for color changes
- Check between toes
- Feel for warmth
- Notice wounds early

EARLY DETECTION PROTECTS YOUR FEET.