

# Your future

**DFU** Click on  
**HCP** abbreviations  
to view their  
meaning



## Top tips



Taking care of your feet can help reduce your risk of developing another **DFU**. Wash your feet – or have your feet washed – daily, being careful to dry fully between the toes and be sure to wear well fitting shoes and socks.



Having a healthy diet and staying as active as you can – standing or seated, whatever works for your body – is a great way to control your diabetes which, in turn, helps to reduce your **DFU** risk.

Click [here](#) to learn more about eating healthy.

Click [here](#) to learn about staying active.



Checking your feet daily, or asking your carer to do this, and reporting any changes you see right away to your podiatrist is a great way to stop a **DFU** from forming before it even gets the chance!



We've listed here lots of ways you can stay in control of your own health. There is education and support – from **HCPs** and companies that innovate the dressings you use – and from people with a **DFU** just like you.



## Support available



Please visit [our website](#) for more information

### EDUCATIONAL RESOURCE

You'll find plenty more information about **DFUs**, the treatment process and your journey to healing [here](#). There are also some handy downloadable guides you can keep as a reference in the future.

### DRESSING GUIDES

You may be asked by your **HCP** to dress your **DFU** yourself. Don't worry! We have created some videos to help you through the process.

### ADDITIONAL SUPPORT

You'll also find lots of handy links to other places for support; patient forums, charities, medical information. There's plenty there to make sure you feel informed and ready for your bright future.

### YOUR VOICE MATTERS

Every body is different and you know your body best. So if something isn't working for you in your care plan, don't be afraid to speak up and let your healthcare professional know, so they can adjust it.

