Got diabetes?

Follow these footsteps

- Wash and dry your feet
- Care for thick skin
- Look and feel for changes
- Care for skin sores
- Protect your feet
- Regular foot check ups

Avoid Amputation

Ulcers
Infection
Amputation

With thanks to:
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Deborah Schoen and Delma Balchin

Call 1300 136 588 or visit
www.diabeteswa.com.au