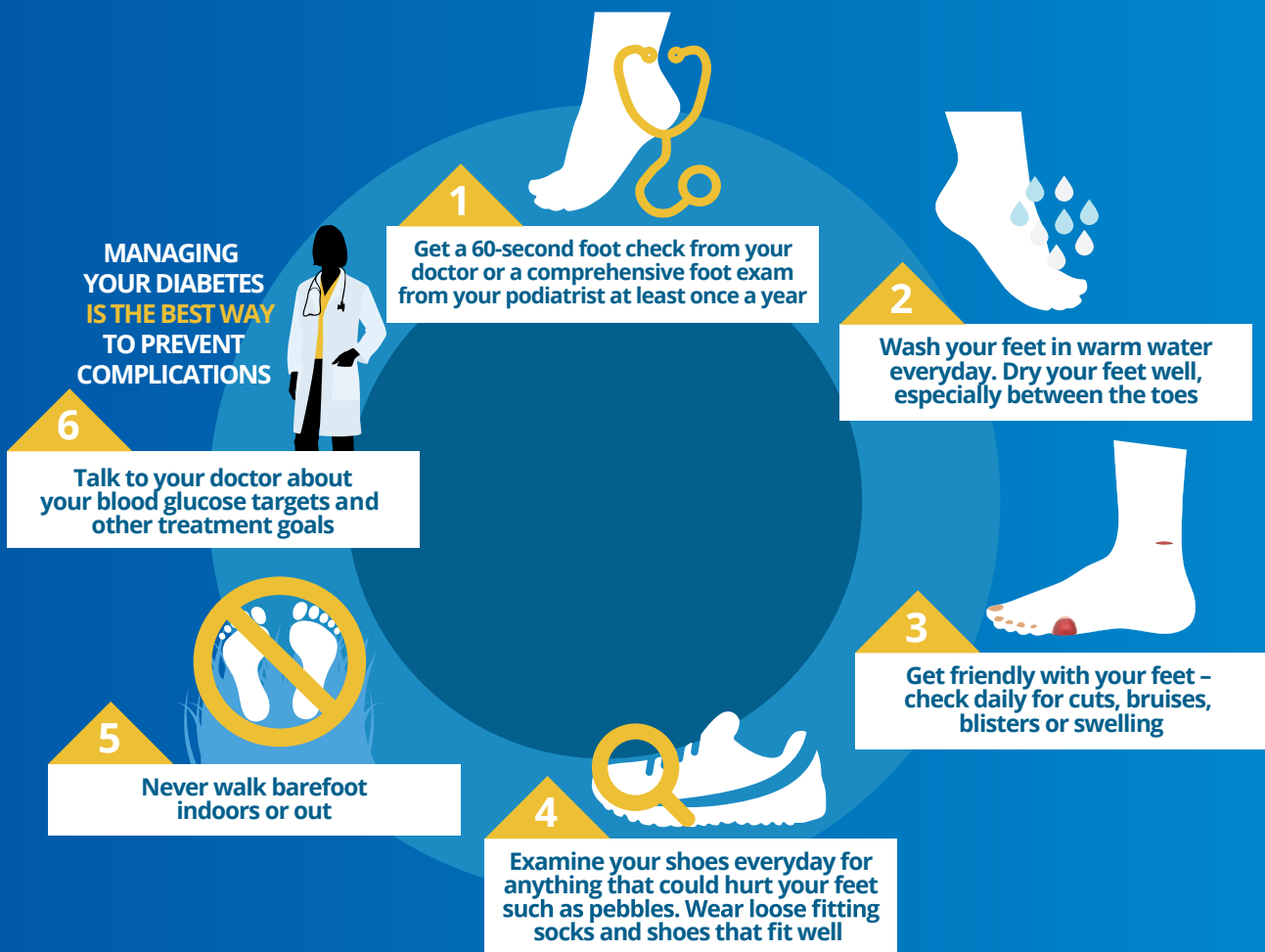


# Six simple steps to keep you and your loved ones ON YOUR FEET



People with diabetes have to take special care of their feet and have a comprehensive foot exam at least once a year

Follow these simple steps:



**Save your leg!** Speak to your health professional for more advice on how to keep your feet healthy

Reference: Baker IDI; Diabetes Australia, JDRF. Diabetes: the silent pandemic and its impact on Australia. Canberra: Diabetes Australia; 2012.