



# Podiatry

Podiatry is the allied health service devoted to keeping **your feet healthy.**

Podiatrists specialise in preventing and managing problems with the foot, ankle and lower leg so that you can keep comfortable, mobile and independent.

## What can podiatry help with?

Podiatrists can help you with a range of problems that affect the foot including:

- foot pain due to injury or the way you walk
- problem toenails including ingrowing nails
- hard skin and corns
- issues specific to diabetes and circulation problems
- ulcers or wounds on your feet that are slow to heal
- shoe fitting troubles due to the shape of your foot.

At your first appointment, the podiatrist will look at your feet, assess your foot problem and yarn with you about how we can help.



## How can I see a podiatrist?

You or your family might be referred to a podiatrist if your doctor thinks we can help with your foot problems.

If you have diabetes you should see a podiatrist to check your feet at least once a year. It is important that you have a diabetic foot check like you have your eyes and blood sugar tested.

If you are worried about problems with your feet and you think a podiatrist can help you, yarn with your doctor, clinic nurse or health worker for a referral.



Your local clinic:



For more information visit [www.iuih.org.au](http://www.iuih.org.au)

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