

# ANNUAL SCREENING FOOT AND EYE CARE

Diabetes increases the risks of foot and eye problems. Prevent complications or detect them early by going for your yearly foot and eye screenings. Here is what to expect from the screenings.

Book your foot and eye screening appointments with your healthcare professionals now!



[http://bit.ly/Diabetes\\_HealthHub](http://bit.ly/Diabetes_HealthHub)

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PECC-END-ED-2020-763-v1

## Foot Screening



### Blood Circulation to the Feet

Pulses and skin health will be checked to assess your blood circulation.



### Signs of Neuropathy (Diseases of the Nerve)

Your feet will be examined for skin damage such as ulcers and deformity.



### Nerve Sensitivity

Lack of sensitivity to stimulation (e.g. pressure, vibration) might be a sign of nerve damage.



### Calluses

Calluses and other conditions like blisters might lead to problems such as ulcers or infection.

## Eye Screening



### Signs of Retinopathy (damage to blood vessels in the eye)

This involves an eye examination where photographs of your retina will also be taken.