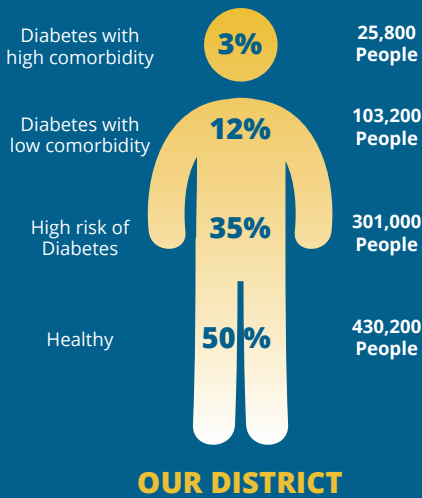


# SAVE A LEG

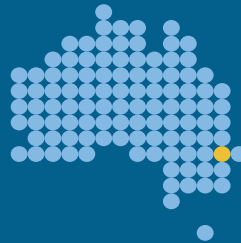
## QUICK FOOT FACTS



Chances are you or someone you know **has diabetes**

**1 IN 4**  
**AUSTRALIAN ADULTS**

over the age of 25 years has diabetes or pre diabetes



Western Sydney is a diabetes hot spot

**25%**

of people with diabetes will have a minor injury develop into an ulcer



Damage to the nerves and the blood supply of the feet caused by diabetes can put your feet at risk of serious complications such as ulcers & amputations



Comprehensive foot care programs can reduce the chance of amputation by 85%

A limb is lost to diabetes in Australia  
**EVERY 3 HOURS**



**1 IN 5**  
ulcers will require surgical amputation



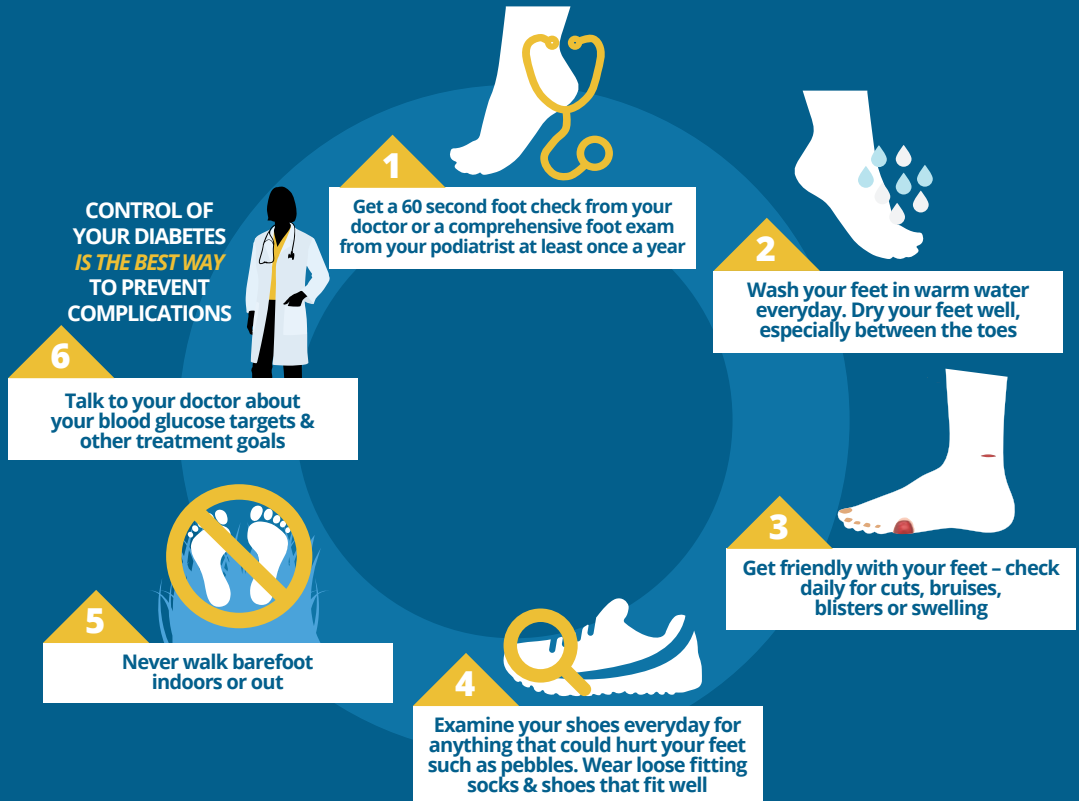
*Awareness*  
**is the best medicine**

Turn over to see how you can keep your feet happy and healthy →

# SIX SIMPLE STEPS TO KEEP YOU & 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