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**PRESS RELEASE**

**VIDEOS LAUNCHED TO HELP WEST MIDLANDS PATIENTS WITH DIABETES LOOK AFTER THEIR FEET**

NHS England in the West Midlands has launched three videos to help patients with diabetes look after their feet.

People who have diabetes are 15 times more likely to undergo amputations than those without the condition. This is because diabetes can reduce the blood supply to patients' feet, meaning they may not feel any pain if their foot is sore or injured.

The aim of the videos is to enable patients to take more control of their condition by showing them how to look after their feet, what happens at their annual foot check and what to do if they have a problem.

The videos have been developed by NHS England in the West Midlands through its Cardiovascular (CVD) Clinical Network\*. It includes a podiatrist and a practice nurse examining patients' feet, and patients describing how they manage the condition.

Professor Vinod Patel, Diabetes Clinical Director for the West Midlands Cardiovascular Clinical Network, is featured advising patients on what they can do to keep their feet healthy.

He said: "At least 80 per cent of amputations can be prevented if patients with diabetes stop smoking, take regular physical exercise, bring their blood sugar levels under control and have a low cholesterol level.

"These videos are a great educational tool to give patients the knowledge and understanding to take more ownership of their condition, potentially reducing the risk of amputations and other complications associated with diabetes."

Peter Shorricks, Midlands Regional Head at Diabetes UK, said: "Diabetes-related amputations devastate lives. But with good diabetes control, education and care, many people could drastically reduce their risk of facing amputation. 97

"It's essential that people living with diabetes know how to look after their feet, and that they check them daily. It's also crucial to seek urgent medical help if they notice any problems with their feet.

"With the right support, four out of five amputations are preventable. We welcome this new initiative from the NHS in the West Midlands, as this simple educational resource could really change lives."

The videos, entitled 'How to look after your feet', 'Your annual foot check' and 'What happens if you develop a diabetic foot problem', are available here on NHS England's YouTube page. **ENDS**

### **Notes**

Professor Vinod Patel is the Clinical Director for Diabetes for the West Midlands Clinical Network and the Consultant Physician in Endocrinology and Diabetes, Acute Medicine and Medical Obstetrics at George Eliot Hospital NHS Trust in Nuneaton, Warwickshire. He is also Professor in Clinical Skills at Warwick Medical School, University of Warwick. He specialises in prevention of diabetes complications.

\*The Cardiovascular (CVD) Clinical Network is one of four West Midlands clinical networks which are: cancer; cardiovascular; maternity; and mental health, dementia and neurological conditions. The clinical networks are hosted by NHS England. The Cardiovascular Clinical Network has four specific disease areas – cardiac, diabetes, renal and stroke. Clinical Networks bring together patients and those who provide and commission the service to make improvements in outcomes for complex patient pathways using an integrated, whole system approach.

NHS England is the body which leads the NHS in England. Its main aim is to improve the health outcomes for people in England, and it sets the overall direction and priorities for the NHS as a whole. For further information or interview opportunities, please e-mail [england.memedia@nhs.net](mailto:england.memedia@nhs.net) or call 0113 825 3146. 98

**The videos are now live – officially launching today  
31st October 2017 so please share the link as widely as you can!  
<http://bit.ly/2ig1HbY>**

**These videos show information given by members of the Burton Diabetes UK  
Group**