

Moorditj Djena Strong Feet

We aim to help Aboriginal people keep their body healthy and strong, especially those at high risk of foot complications as a result of chronic diseases.

Please come and see us if you would like a free health assessment or for any of the following:

- if you are not feeling well
- cuts, sores or infections on your feet
- corns, calluses, hard skin or cracked heels
- numbness, burning or tingling in your feet
- if you have been in hospital because of your feet or diabetes
- if you have had an amputation of your toes or your leg
- your blood sugars are too high or low
- problems with your kidneys and / or on dialysis
- heart disease (had a heart attack or bypass)
- you smoke or chew tobacco daily
- you've lost weight and don't know why
- a lack of energy or reduced appetite



**Minditj
(Sick) Feet**

**Moorditj
(Good/Strong)
Feet**



Who will I see at Moorditj Djena?

An Aboriginal Health Professional can:

- provide cultural support
- complete and update your health information
- do an initial assessment
- check blood pressure
- check blood glucose level
- coordinate care with other health services
- refer to other health programs and clinicians
- help you access other community services
- make you feel comfortable.



A podiatrist can:

- check your feet for any problems
- assess your foot pain
- provide routine treatment
- treat your nails, corns, calluses and cracked heels
- assess wounds and advise on care
- do diabetic and neurovascular assessments
- treat ingrown toenails (nail surgery if needed)
- do a biomechanical assessment
- assess footwear
- help with footcare education

A diabetes educator can teach you:

- about the different types of diabetes
- what happens in your body with different types of diabetes
- how to control diabetes and what can happen if you ignore diabetes

- about healthy eating, physical activity and medications to help control diabetes
- how to use insulin safely and when to see your doctor
- about going away from home and travelling with diabetes

and:

- set you up with a new glucose tester to get started and monitor your diabetes
- sign you up to the National Diabetes Service Scheme (NDSS) to access test strips and needles from the chemist.

A dietitian can:

- talk about the best foods for you and your family's health and wellbeing
- chat about good foods to eat for your heart, kidneys and diabetes
- find out which foods make your blood sugars high with the glucose tester
- provide recipes and suggestions for low cost meals and snacks
- work with you on food changes you would like to make.

