

FOOTWEAR ADVICE FOR PEOPLE WITH DIABETES



Appropriate footwear is important for all people with diabetes as it can prevent ulceration and reduces the risk of diabetic foot disease

INDIVIDUAL ADVICE



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“Footwear which does not fit properly is one of the most common causes of foot problems in people with diabetes.

FOLLOW THESE GUIDELINES IF YOU HAVE NO HISTORY OF ULCERATION OR A FOOT PROBLEM:

WELL - FITTING SHOES

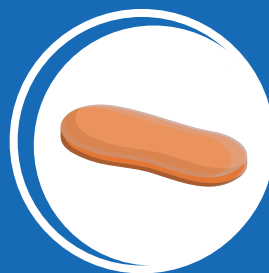
You must ensure that your footwear provides adequate support in the arch, sufficient in depth, ample width in the toebox and a minimum of 1cm space from your longest toe and the end of the shoe. Your feet can change shape over time, so when you buy shoes always check they fit carefully. Ideally, have your feet measured and new shoes fitted properly.

FASTENING

We recommend that patients wear shoes that either have laces or a strap fastening as slip on shoes allow sheering forces and increase the risk of blisters.

HEEL HEIGHT

Your daily shoe must have a low heel, which is less than 3cm, as this will reduce the risk of callus formation at the base of your foot. They must be made of either a soft leather or fabric material, as these materials allow for a good contour and fit.



CUSHIONING

Your footwear must also provide adequate cushioning. Diabetes can contribute to the atrophy of the fat pad underneath our feet overlaying the metatarsals, which can cause significant discomfort when walking and put you at increased risk of ulceration. A sports trainer can be an ideal option as they offer support, protection and cushioning.

HOISERY (SOCKS/ STOCKINGS)

Change your socks, tights & stockings daily. Bulky seams can dig into the foot, so wear hosiery inside out to prevent seams rubbing on your toes. Socks, tights and stockings should be made of natural fibres, as ill-fitting hosiery may restrict blood flow to your feet.

CHECK YOUR FEET DAILY

It is also important that you check your feet daily and to attend your yearly foot screening. If you have any concerns regarding your feet to bring them to the attention of a trained medical professional.

CHECK YOUR SHOES

Finally, we recommend that you check the inside and bottom of your shoe before putting them on to ensure that no sharp object such as a pin or rock has pierced through the sole and risk injuring your foot. Check your shoes for signs of wear, looking for rough edges in the seams and lining.