



## DIABETES ENDOCRINE NUTRITION MANAGEMENT AND RESEARCH CENTRE

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# FOOTWEAR

## Foot care in diabetes is incomplete without proper Footwear

- Always wear footwear, at home or outside
- Buy comfortable shoes
- Good foot-wear should fully support the foot. There must be a heel counter and there should be no forking of toes by a divider. Chappals are bad footwear. Sandals with heel counter are fairly alright. Covered shoes are best. However, they should not be tapering in the front and should have a wide toe box to avoid crowding of the toes

### Good Footwear



### Bad Footwear



- Do not wear shoes with pointed toes or tight around the toes as these put too much pressure on parts of your foot & can contribute to ulcers
- Wear athletic or well cushioned walking shoes that fit well & provide good support & comfort and redistribute the pressure well
- Break in new shoes slowly, wear them for a couple of hours and gradually wear them for longer periods of time
- Examine footwear for torn linings, foreign objects before wearing them
- Avoid wearing high heeled shoes or open toe shoes and chappals
- **Always** wear seamless, cotton socks with your footwear to avoid blisters & sores. Avoid nylon socks. Choose clean, lightly padded socks that fit well



- Avoid wearing socks or shoes that are too tight around the legs, it may constrict circulation to your legs & feet
- Avoid exercising when you have open sores on your feet
- As diabetes progresses one may start facing some foot problems – one can get shoes customized according to one's feet
- Buy new shoes in the evening, when the foot is likely to be swollen



## General precautions to prevent foot problems in Diabetes

- Exercise: It keeps weight in control and improves circulation, walking is the best all-round exercise for a diabetic patient. Walking is also an excellent conditioner for your feet
- Stop smoking or chewing tobacco. It can contribute to circulatory problems, which can be very troublesome in patients with diabetes
- Take care of your diabetes: Work with your health-care team to keep your blood glucose in your target range
- Make sure that your diet includes plenty of greens, legumes, fresh vegetables and fruits
- Go for regular follow-ups to your diabetologist