

## Footwear for People Living with Diabetes

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Shoes, like feet, come in a variety of styles and shapes. A person with normal sensation in their feet can wear almost any shoe style with little risk of injury. If the person has abnormal sensation in their feet as a result of diabetes, poorly designed or improperly fitting shoes can seriously complicate the condition of the feet.

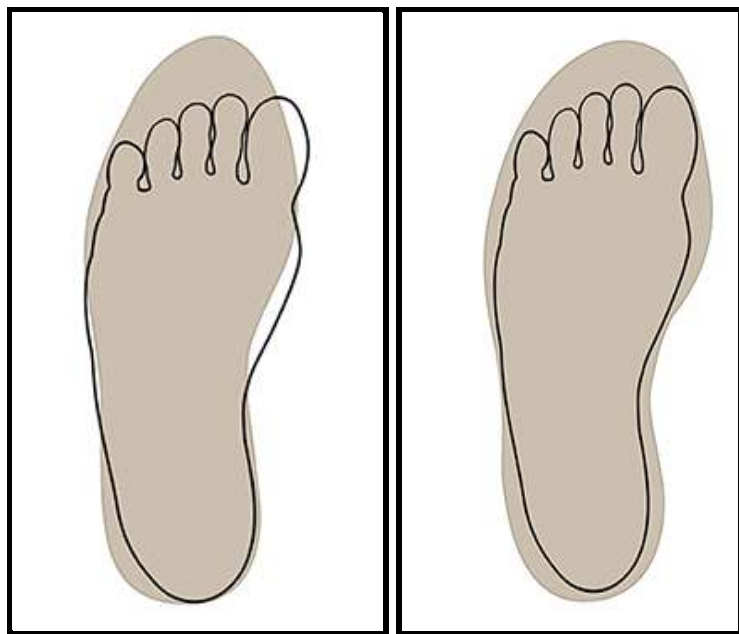
Just because a shoe is intended for use in people with diabetes or neuropathy does NOT mean that it is appropriate or safe. Consult your foot care specialist to ensure you have the correct footwear.

You should never wear narrow-toed shoes or boots, heeled shoes, shoes with vinyl tops, flip flops, or any shoe that is too loose or too tight.

Your shoe should always fit the shape of your foot.

There should be at least a ½ inch between your longest toe and the end of your shoe.

How can you tell? You can trace the insert of your shoe, then trace your foot!



*A shoe outline that doesn't cover the outline of your foot is a bad fit.*

*A shoe outline that does cover the outline of your foot is a good fit.*

## Below are some do's and don'ts for when you go to the shoe store:

### Do:

- Select the shoes that feel right. Wear them around the house. Then bring them to your healthcare provider to check for fit. If they don't fit correctly, return them.
- Shop late in the day, when your feet are slightly bigger.
- Each time you buy shoes, have both of your feet measured while you are standing. Foot size changes with time.
- Pick shoes to suit their purpose. For everyday wear, choose a sensible shoe.
- Try on shoes while wearing any inserts specially made for your feet (orthoses).
- Try on both the right and left shoes. If your feet are different sizes, pick a size and style that fits the larger foot.

### Don't:

- Don't buy shoes based on shoe size alone. Always try on shoes, as sizes differ from brand to brand and even within brands.
- Don't expect shoes to "break in." If they don't fit at the store, don't buy them.
- Don't buy a shoe that doesn't match your foot shape.

## What about socks?

Always wear socks with shoes. Socks help absorb sweat and reduce friction and blistering. Wear soft, padded socks with seams that don't irritate your feet. Look for socks that are seamless.