

ADVICE ON FOOT CARE AND FOOTWEAR

On this form advice is given about foot care and footwear for persons with diabetes.

Why go to a podiatrist if you have diabetes?

Diabetes is a chronic metabolic disease. The body is no longer able to keep blood sugar levels within the normal limits by itself.

People with diabetes have a greater risk of foot problems. For that reason it is important to have your feet examined (for preventive reasons) at least once a year by an expert. During this check-up the functioning of your nerves, blood vessels and joints will be tested. The risk of your developing foot problems will also be looked into.

What is the best way to take care of your feet?

- Wash your feet every day in lukewarm water and dry them thoroughly.
- Never take a footbath.
- Examine your feet every day for any small wounds, blisters or other abnormalities.
- Rub a thick cream, such as Vaseline, into your feet every day.
- Never walk in bare feet or socks, not even when you are inside the house.
- Put on clean socks or stockings every day. Check seams and stitching; these should not cause any pressure.
- Wear properly fitting shoes all day, including in the house;
- Always check that there are no small stones in your shoes before you put them on.
- Call your doctor immediately if you discover a wound on your foot!

Shoe advice

- Always buy new shoes in the afternoon because your feet may swell up in the course of the day.
- Every time you buy new shoes you should have the size of your feet measured, both the length and the width. The shoe must be at least 1 cm longer than your longest toe.
- Make sure shoes can be secured with Velcro or laces.
- The height of the heels should not exceed 2 to 3 centimetres.
- Check stitching or seams on the inside of the shoe. You should not be able to feel them!
- A shoe should feel good immediately. If not, do not buy the shoes!
- Do you want to wear soles or standers in your new shoes? In that case you should take them with you to the shop for a good fit.