

# FOOTWEAR MATTERS

Foot problems associated with diabetes are a significant portion of the health risk and cost.

## IMPAIRED SENSATION OR FOOT PAIN

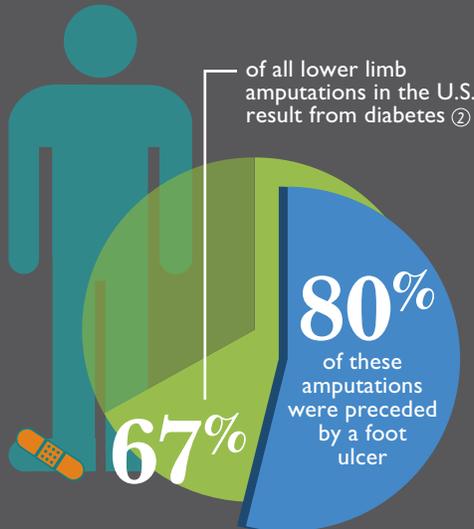
**60%-70%**

of diabetes patients have mild to severe forms of nervous system damage

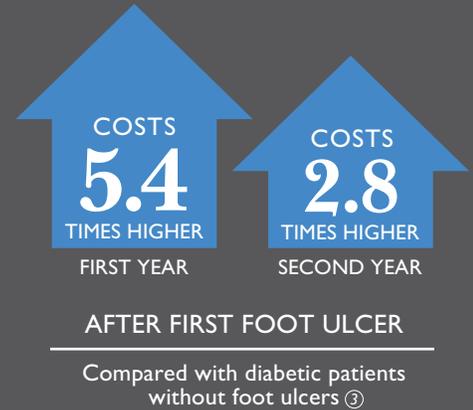
CAN CAUSE

impaired sensation or pain in the feet<sup>①</sup>

## RISK OF AMPUTATIONS



## HIGH COSTS FOR FOOT ULCER CARE



Therapeutic footwear can decrease ulcers and amputations in diabetic patients

For many diabetes patients, not wearing therapeutic footwear isn't worth the risk.

## FOOT CARE PROGRAMS



### AMPUTATIONS

LOWERED UP TO **85%**

Foot care programs may include:

- Risk assessment
- Foot-care education and preventive therapy
- Treatment of foot problems
- Referral to specialists<sup>①</sup>

## THERAPEUTIC FOOTWEAR



### FOOT ULCERS

LOWERED **12%**

### AMPUTATIONS

LOWERED **18%**

AFTER 2 YEARS

- Study examined the impact of therapeutic footwear on diabetic complications (foot ulcers and amputations)<sup>④</sup>
- Patients with Type 2 Diabetes mellitus (T2DM)
- Sample size = 26,437 people
- Followed patients for 1 year before and 2 years after receiving therapeutic shoes<sup>④</sup>

## CUSTOM ORTHOTIC INSOLES



### FOOT REULCERATIONS

LOWERED TO **15%**

### AMPUTATIONS

LOWERED TO **6%**

AFTER 2 YEARS

- 79% reulceration rate before treatment
- 54% amputation rate before treatment<sup>⑤</sup>

<sup>①</sup> Center for Diseases Control (CDC) "National Diabetes Fact Sheet, 2011" <sup>②</sup> The costs of diabetic foot: The economic case for the limb salvage team. *Journal of Vascular Surgery* 2010;52:175-225; Raiber G. *Epidemiology and Health Care Costs for Diabetic Foot Problems*. In: Veves A, Giurini J, LoGerfo F, eds. *Diabetic Foot: Medical and Surgical Treatment*. Totowa, NJ: Humana Press; 2002:35-58 <sup>③</sup> The costs of diabetic foot: The economic case for the limb salvage team; Boston, Mass; and Georgetown, Tex. <sup>④</sup> Minshall ME, Durden E, Huse DM, McMorrow D, Lidtke RH. Characteristics and Health Care Resource Utilization of Type 2 Diabetes Mellitus (T2DM) Patients Using Therapeutic Footwear. *Diabetes*, 2014; 63(Suppl. 1): A163. <sup>⑤</sup> How Effective Is Orthotic Treatment in Patients with Recurrent Diabetic Foot Ulcers? *Journal of the American Podiatric Medical Association* 2013; 103:281-290.



### 1 Take care of your diabetes

Make healthy lifestyle choices to keep your blood glucose (sugar), blood pressure and cholesterol close to normal. Doing so may help prevent or delay diabetes-related foot problems.



### 2 Check your feet every day

You may have serious foot problems without feeling pain. Check your feet for cuts, sores, swelling and infected toenails every day.



### 3 Wash your feet every day

Wash your feet in warm water. Do not soak your feet because your skin will get dry. When you're done, dry well, especially between your toes. Use talcum powder or cornstarch to keep the skin between your toes dry.



### 4 Keep your skin soft & smooth

Rub a thin coat of skin lotion or cream on the tops and bottoms of your feet. Do not moisturize between your toes, as this could trap moisture and lead to further skin problems.



### 5 Smooth corns & calluses gently

If you have corns or calluses, check with your doctor or podiatrist about the best way to care for them. If they tell you to, use a pumice stone to smooth corns and calluses after bathing. Rub gently in only one direction to avoid tearing the skin.



### 6 Trim your toenails each week

Trim your toenails with clippers after you wash and dry your feet. Trim toenails straight across and smooth them with an emery board or nail file. Don't cut the corners of the toenails. You may ask your podiatrist to trim your toenails.



### 7 Wear shoes & socks at all times

Do not walk barefoot, even indoors, because it's easy to step on something and hurt your feet. Always wear socks, stockings or nylons with your shoes to help avoid blisters and sores. Choose clean, lightly padded socks that fit well.



### 8 Protect your feet from hot & cold

Wear shoes at the beach or on hot pavement, and put sunscreen on the top of your feet to prevent sunburn. Wear socks at night if your feet are cold. Be sure to wear warm shoes or boots in cold weather.



### 9 Keep the blood flowing to your feet

- Put your feet up when you're sitting
- Wiggle your toes for five minutes two or three times per day
- Don't cross your legs for long periods of time
- Don't smoke. Smoking reduces blood flow to your feet
- Work with your health care team to control your diabetes



### 10 Be more active

Ask your doctor to help you plan a daily activity program that's right for you. Walking, dancing, swimming and bicycling are good forms of exercise that are easy on the feet. Always include a warm-up and cool-down period, and wear athletic shoes that fit well and provide good support.



### 11 Be sure to ask your doctor

- Check the sense of feeling and pulses in your feet annually
- Tell you if you're likely to have foot problems
- Show you how to care for your feet
- Refer you to a good podiatrist
- Decide if special shoes would help your feet stay healthy



### 12 Get started now

Begin taking good care of your feet today. Set a time every day to check your feet. Note the date of your next visit to the doctor. Most importantly, stick to your foot care program.