

If you have been supplied with shoes, they will have been made to a prescription. You should follow the instructions your orthotist (the person who made your shoes) or podiatrist gives you. At first you should wear the shoes for short periods around your home, checking for any problems such as redness caused by rubbing or pressure. If this occurs, you should contact your podiatrist or orthotist immediately.

When you and the person who prescribed your shoes are happy with the comfort and fit of the first pair, you will be supplied with a second pair.

These should be the only shoes you wear.

Shoes will normally be prescribed with insoles. These are an important part of your footwear. It is important that you check the inside of your shoes every day to make sure no small objects have fallen in, and that no damage has occurred to the insole or lining. If you notice any wear to the shoes, you should contact your orthotist or podiatrist.

Whoever provided your shoes will carry out all repairs or alterations.

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# Footwear Advice Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## Diabetes and feet

Diabetes is a lifelong condition which can cause foot problems.

Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged.

This can affect:

- The feeling in your feet (peripheral neuropathy).
- The circulation in your feet (ischaemia).

These changes can be very gradual and you may not notice them. This is why it is essential you receive a foot screening and assessment by a podiatrist every year.

You can then agree on a treatment plan which suits your needs.

This leaflet gives you advice about wearing the most appropriate shoes, taking into account the shape of your feet and your diabetes.

Unsuitable shoes or shoes that do not fit properly are the most common cause of foot problems in people with diabetes.

## Footwear Advice

Check your feet every time you remove your shoes. Also remember to remove your socks, stockings or tights and check for any redness or blisters.

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

Your feet can change shape over time. So, when you buy new shoes, always check their fit carefully.

If possible have your feet measured and your new shoes fitted properly.

Make sure your shoes are long enough, deep enough, and wide enough for your feet. If your shoes are too tight they will press on your toes.

When buying new shoes, go to the shoe shop yourself and always try on both shoes.

Most people's feet are slightly different sizes.

Do not ask somebody else to buy your shoes for you.

## Recommended Footwear

A well-fitting shoe, boot or trainer with laces or a strap fastening will give your feet the best support. These fastenings will help to keep your foot firmly in place inside your footwear which will help prevent rubbing.

Avoid slip-on shoes and slippers as they give less support.

Your heel should not be more than 3 centimetres (1 1/4 inches).

Where possible the uppers (top) of your shoes should be made from a natural material such as soft leather. Leather will fit to your foot without causing any rubbing and will help to prevent your feet from sweating.

Wear new shoes around the house for short periods (20 minutes) and then check your feet.

Look for problems such as redness caused by rubbing or pressure. If this happens, you can usually return the shoes to the shop, but only if you have not worn them outside.

If you are not sure if your new shoes are suitable, ask your podiatrist for advice before you wear them.