



healthy feet

FOR PEOPLE WITH **DIABETES**

“Without question, this book is a must-have reference for both health care providers and diabetes patients all around the world.”

— Jose Contreras-Ruiz, M.D.

shoe. If you have two different sized feet, or only one foot, you can contact the National Odd Shoe Exchange, (www.oddshoe.org) which can match you with another member who has the opposite problem.

DAILY CHECKING OF SHOES

- 1 Look over the uppers, the heels and soles of your shoes for defects.
- 2 Shake out your shoe and be sure there are no objects like keys, coins or other things that could injure your foot.
- 3 Run your hand into and over the shoe. You are checking for:
 - Cracked uppers or rough seams which could rub a blister
 - Worn or loose linings
 - Pebbles, coins, keys, foreign objects, or other debris
 - Nails or tacks through the sole



SteriShoe Sanitizer

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- Signs of the heels or soles wearing down
- A 21st Century method to disinfect your shoes is with the SteriShoe Sanitizer. Scientific research has proven that the SteriShoe ultraviolet shoe sanitizer was shown to be effective in reducing the amount of bacteria and fungus in shoes. (www.sterishoe.com.)

CHANGE YOUR SHOES AS YOUR FEET AGE

Even as an adult, you may not always wear the same shoe size. As people age, their feet tend to get longer, wider, and flatter. You can offset some of the effects of aging by always wearing shoes that fit well. Since changes in the shape of your foot are gradual, you may not realize that your shoes fit poorly, especially if you have nerve damage and can't feel your feet.

GETTING A PRESCRIPTION FOR CUSTOM OR MODIFIED SHOES

Today, there is a wide array of shoes in various widths and depths that can accommodate insoles or orthot-