

Why Do Diabetics Need to Wear Diabetic Shoes?

The number one effect of diabetes seems to be “peripheral neuropathy,” which is a disease that causes loss of sensation in the lower limbs and feet. Wearing the wrong size shoes which pinch or rub the feet continuously will most likely lead to foot injury and possibly ulcerations, mostly due to the fact that the diabetic cannot feel the wound until it is too late.

Having your shoes fitted by a professional is the most important step to great shoe wearing success. This will help to avoid diabetic injuries. Your podiatrists professionally trained assistant at Cortese Foot and Ankle Clinic will carefully fit each pair of diabetic shoes. We have the correct designs and styles for wide feet with a deeper toe box and almost seam-free shoes. Plus, they are very light weight! We use companies like Surefit and Dr. Comfort. There are many styles and colors to choose from too. These shoes will come with special inserts that are custom fit to your feet.

Because of the deeper and wider designs of the diabetic shoes the special inserts fit in them perfectly. The inserts help to ensure the correct fit and reduce the rubbing and uneven weight distribution, this will help prevent injuries. It is also imperative that the diabetic shoe have good air circulation.

Good shoe designs for the diabetic include:

- Sandals and shoes made of breathable fabric
- Wide toe box and double depth shoe construction
- Virtually no seams (Inside or out)
- Velcro or elastic fit to keep the feet from sliding around in the shoes

It is also a good idea to wear diabetic socks. Diabetic socks are seam free, this minimizes the exposure to blisters. Diabetic socks are made with extensive mesh materials which makes the socks ventilated to increase air flow circulation. The toes and heels are re-enforced for long lasting wear. They have very low compression leg for maximum blood flow with a non-binding top. Protective cushioning for all day comfort.

Diabetics should get new shoes every year from your podiatrist. We sell Diabetic Shoes and Socks in our Sole Savers Shoe Store (located inside Cortese Foot and Ankle Clinic.)