

Wearing Shoes

Prior to wearing your shoes, check the inside first for any foreign objects or damage.

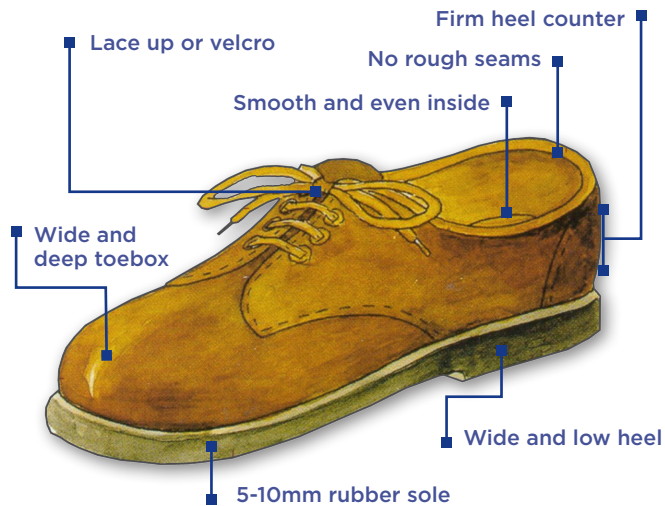
Always wear your shoes with socks or stockings to reduce friction against your skin. Also, socks help absorb excess moisture.

Choose socks that are made from natural fibres such as cotton or wool. They should not be tight around the top.

Wear the right shoe type for your activity and weather condition.

When buying new shoes, try them on with the socks you would usually wear. Try both shoes on and walk around for at least 5 minutes in the store to check if shoes are comfortable and the fit feels right. Your feet tend to swell during the day so it is ideal to buy shoes in the afternoon when your feet are at their largest.

When you first wear new shoes, only wear them for 30 minutes around the house. Remove them and check for any abrasions or red marks on your feet. If there are problems, have them addressed.

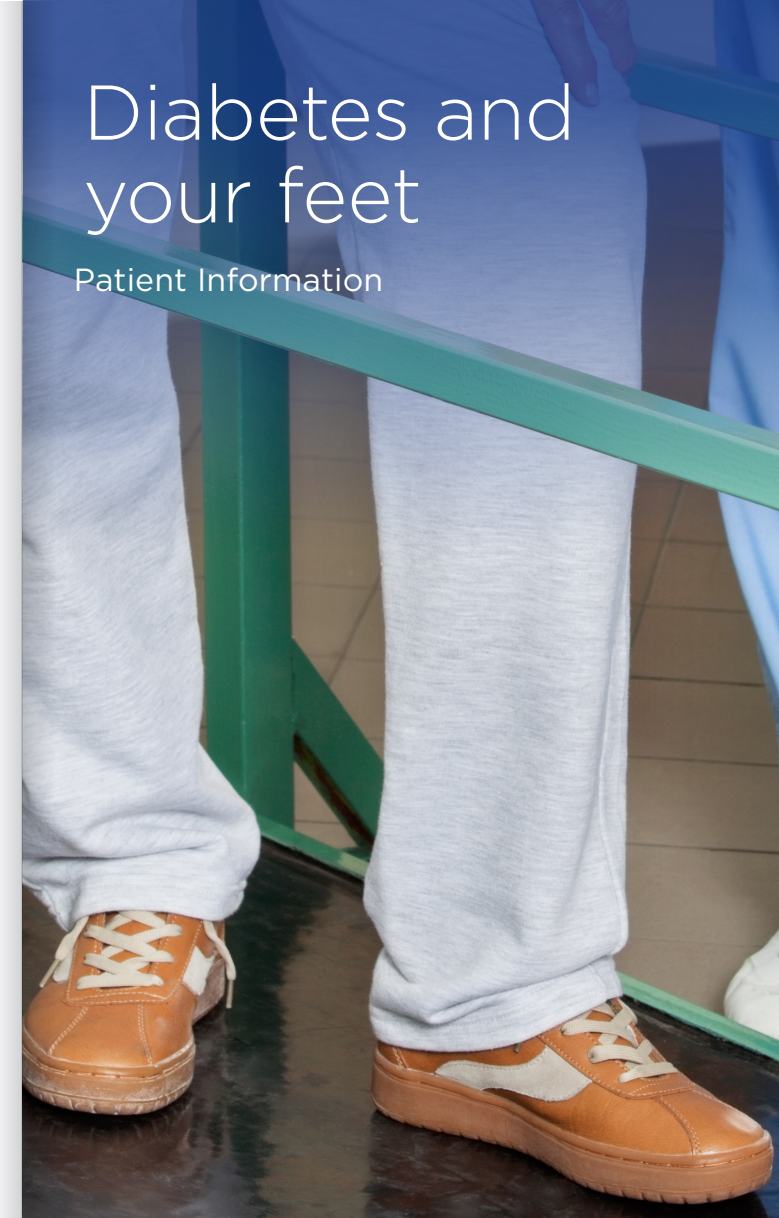


The images above and on the previous page illustrate the features you should look for when choosing appropriate footwear.

Hospitality
Healing
Stewardship
Respect

Diabetes and your feet

Patient Information



About Calvary

Calvary is a Catholic not-for-profit organisation with more than 11,000 staff and volunteers, 15 public and private hospitals, 14 Retirement and Aged Care facilities, and 22 Community Care centres. We operate across six states and territories within Australia. Established in Sydney in 1885 by the Sisters of the Little Company of Mary, our mission is to provide health care to the most vulnerable, including those reaching the end of their life. We provide aged and community care, acute and sub-acute health care, specialist palliative care and comprehensive care for people in the final year of their life.



Contact Details

Calvary Health Care Kogarah
91-111 Rocky Point Road,
Kogarah NSW 2217

PO Box 261, Kogarah NSW 1485

P: 02 9553 3111
F: 02 9587 1421



Health Care
Kogarah

Continuing the Mission of the Sisters of the Little Company of Mary



Diabetes and your feet?

People with diabetes are often advised to take special care of their feet. This brochure explains how diabetes can affect your feet and what you can do to look after your feet and prevent foot problems.

How does diabetes affect your feet?

Poorly controlled diabetes over a long period of time can result in nerve damage (peripheral neuropathy) in your feet.

Nerve damage in the feet can result in loss of sensation, changes to your foot shape, and dry skin.

Loss of sensation in the feet means you are less able to feel pain and extreme temperatures. This means injuries to your feet can go unnoticed. For example, you might step on sharp objects and injure your feet without noticing, or you can get burnt from a heater.

Changes to your foot shape can result in pressure areas which can rub against shoes causing pain, blisters, corns, calluses and ulcerations.

Dry skin can be fragile and easily crack leading to further complications.

Diabetes can also result in poor blood circulation to feet. Reduced blood supply means vital supply of nutrients to the feet can be greatly reduced resulting in slow healing of the skin and higher



risk of infection following any injury where skin is broken.

What can you do to prevent foot problems?

Preventing foot problems starts with managing your diabetes well, leading a healthy lifestyle and keeping your blood sugar levels well controlled. Looking after your diabetes can help delay or prevent development of diabetic foot complications.

- Develop your own daily foot care routine. This means washing and moisturising your feet and checking them for any injury, changes to your skin or foot shape.
- Protect your feet by wearing appropriate shoes and socks. Most foot problems are often caused by poor choice of footwear.
- Keep your feet away from direct heat sources such as heaters or hot water bottles
- Avoid using over-the-counter corn cures
- Do not cut your toenails too short. Cut them straight across and file the corners to prevent any sharp edges.
- Do not attempt to treat any foot problems yourself. See your Podiatrist or GP for advice.
- Have your feet checked at least twice a year by your Podiatrist.

A guide to choosing appropriate footwear

- **Fastenings:** laces or velcro straps to keep the shoes on the foot securely and to allow adjustments when required (e.g swollen feet)
- **Upper:** should be soft, smooth and ideally made from leather or breathable materials. Avoid shoes with heavy stitchings on the upper
- **Sole:** non-slip and well padded for shock absorption
- **Heel:** should have a broad base to provide stability and should not be higher than 2.5cm
- **Heel counter (back of the shoe):** should be firm (cannot be pushed flat) to stabilise the foot
- **Toe box:** deep & wide enough to accommodate toes. There should be approximately 1 cm of space between your longest toe and the end of the shoe. A rounded toe box is the best choice.
- **Inner linings:** should be smooth and have no rough seams. Put your hand in and feel the lining.
- **Insole:** preferably removable for easy cleaning and allowing insertion of paddings or orthotics when needed.

The images below and on the next page illustrate the features you should look for when choosing appropriate footwear.

