

Choose the Proper Diabetic Footwear

We forget how important choosing proper footwear and ensuring comfort with your everyday activities can be when dealing with diabetes. An improper shoe fit can cause poor circulation, nerve damage, foot ulcers, infections and even amputation.

At least once a year, have both feet measured to make sure your shoes fit correctly. Trying on shoes before purchasing is the best way to ensure a proper fit!

Follow these useful tips to ensure your shoes fit:

- Measure your feet at the end of the day. Feet swell during the day and are at their largest then
- Leave a half-inch between the front of your shoe and your longest toe
- Make sure your arch has support
- Consider your shoe width so it is not too tight or loose
- Avoid shoes with high heels or little support
- Check the heel. The heel should slip slightly but not come completely off while standing on the tips of your toes
- Roll your feet on the inside and outside of the ankles to test if the sides of the shoe rub against the anklebone. Despite movement restrictions, the foot should not feel any excessive pressure
- Shoes should fit comfortably right off the shelf. No need to break in, stretch or modify shoes after purchase

ANATOMY OF A SHOE



MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

