

Diabetes



Footwear and orthotics play an important role in diabetic footcare. Orthotics designed with **Plastazote™ foam**, the #1 material for protecting the insensitive diabetic foot, are usually recommended. Plastazote is a material designed to accommodate pressure “hot spots” by conforming to heat and pressure. By customizing

to the foot, Plastazote provides the comfort and protection needed in diabetic footcare.

Footwear constructed with Plastazote™ is also recommended frequently for the diabetic patient. Diabetic Footwear should also provide the following protective benefits:

- ▶ **High, wide toe box** (high and wide space in the toe area)
- ▶ **Removable insoles** for fitting flexibility and the option to insert orthotics if necessary.
- ▶ **Rocker Soles** These soles are designed to reduce pressure in the areas of the foot most susceptible to pain, most notably the ball-of-the-foot.
- ▶ **Firm Heel Counters** for support and stability.

Also available are **seam-free socks and socks with gel linings** to comfort, protect and cushion insensitive feet from pressure points and shear forces.

If you are a diabetic, you should be particularly alert to any problems you may be having with your feet. It is very important for diabetics with neuropathy to take necessary precautions to prevent injury and keep their feet healthy.

If you have diabetes and are experiencing a foot problem, immediately consult with your foot doctor.