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**If You Have Diabetes, Your Insurance Will  
Cover Diabetic Footwear.  
Call 718-981-9000 for FREE Consultation.**

### *Why Do I Need Diabetic Footwear?*

*Diabetic Shoes and Inserts Help Prevent Diabetic Amputation.*

*Comprehensive foot care programs can reduce Diabetic Foot  
Amputations by as much as 85%.*



*60-70% of Diabetics have mild to severe forms of nervous system damage resulting  
in impaired sensation in the feet. (Center for Disease Control (CDC) National Diabetes Fact Sheet 2011)*

### **Helpful Steps to Healthier, Happier Feet:**

- **Take Care of Your Diabetes:** Make healthy lifestyle choices to keep your blood glucose (sugar), blood pressure, and cholesterol close to normal.
- **Check Your Feet Every Day:** You may have serious foot problems, but feel no pain. Make sure to call your doctor right away if a cut, sore, blister, or bruise on your foot does not begin to heal after one day.
- **Wash Your Feet Every Day.**
- **Keep Your Skin Soft and Smooth:** Put lotion on the tops and bottoms of your feet, but not in between the toes.
- **Smooth Corns and Calluses Gently:** If your podiatrist tells you to, use a pumice stone to smooth corns and calluses after bathing or showering. Rub gently, only in one direction, to avoid tearing the skin.
- **Keep the Blood Flowing in Your Feet:** Put your feet up when you are sitting.
- **Be More Active:** Wear athletic shoes that fit well and provide good support.



### **Tips for Proper Footwear:**

- Never wear vinyl or plastic shoes because they don't stretch or "breathe."
- Don't buy shoes with pointed toes or high heels. They put too much pressure on your toes.

