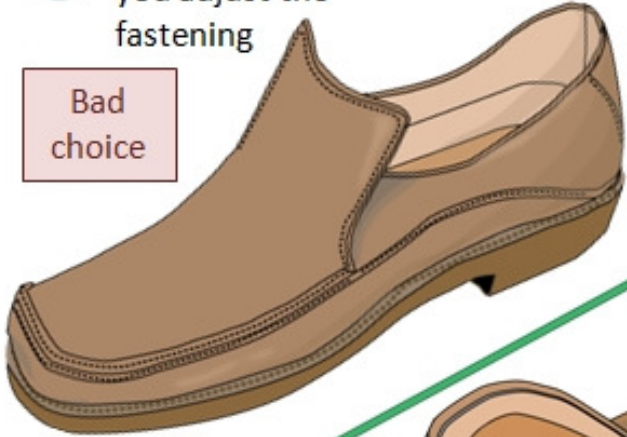


7

This shoe doesn't let you adjust the fastening

Making choices

Bad choice



Bad choice

8

This shoe doesn't support your heel

Bad choice



9 Don't buy shoes just for special occasions

Good choice

10



Buy shoes which suit your lifestyle

Diabetes Foot Care

# Choosing shoes

Looking after your feet

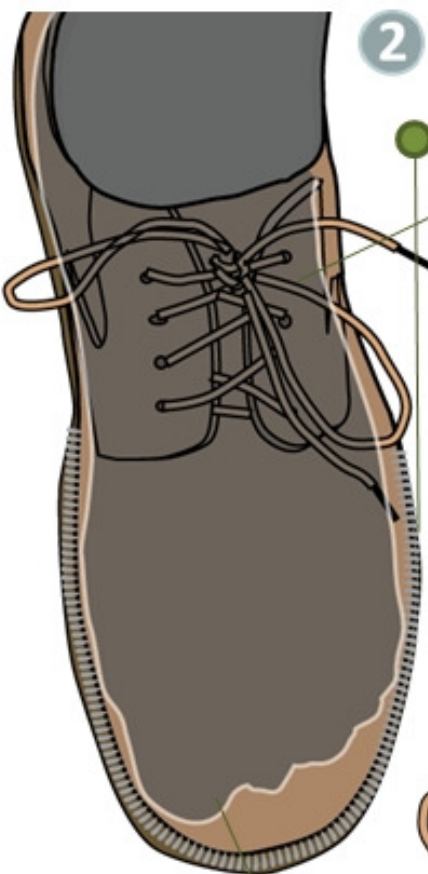
1

Your first choice is: "Do you want closed shoes or open shoes?"



2

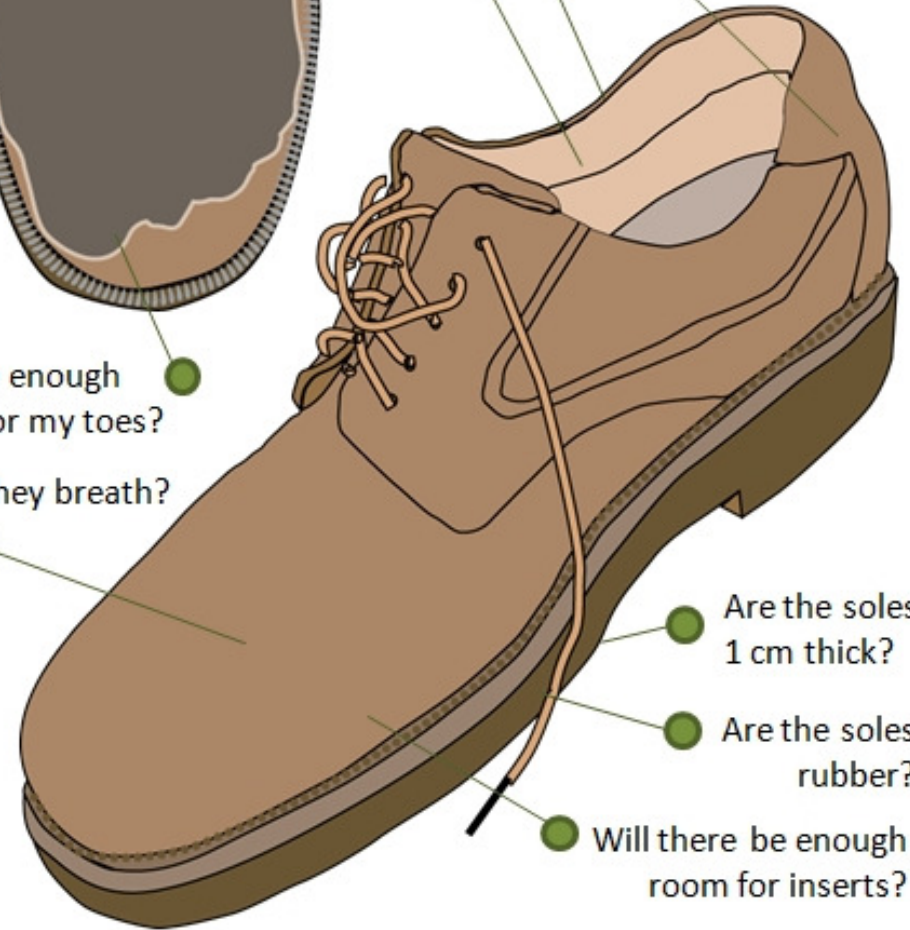
Your check list:



- Are they wide enough?
- Can you adjust the fastenings?  
(Example shoe laces which don't slip)
- Are the inside of the shoes is smooth?
- Will the edges rub?
- Are your heels supported?

Is there enough room for my toes?

Do they breath?



- Are the soles 1 cm thick?
- Are the soles rubber?
- Will there be enough room for inserts?

Old shoes



3

Shoes may be comfortable but they wear out

New shoes



4

New shoes have to be worn in

5

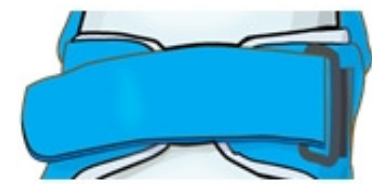
When you have new shoes wear them for only 30 minute to 1 hour to begin with. Then slowly increase the time you wear them.

6

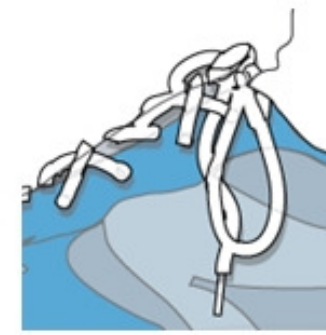
Different fastenings



Buckles



Velcro



Shoe laces which don't slip

# There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

### Related resources

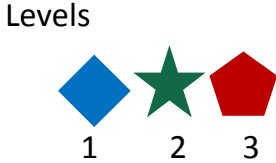
There are resources for the following :

- |                           |   |                            |   |
|---------------------------|---|----------------------------|---|
| 1. Regular foot check up  | ◆ | 10. Making choices         | ◆ |
| 2. Keep clean & dry       | ◆ | 11. Walking test           | ◆ |
| 3. Smooth toenails & skin | ◆ | 12. Blood pipes            | ◆ |
| 4. Sores & infections     | ◆ | 13. Smoking                | ◆ |
| 5. Checking               | ◆ | 14. Protecting nerves      | ◆ |
| 6. Ulcers                 | ◆ | 15. Nerve damage           | ◆ |
| 7. Bad infections         | ◆ | 16. Exercise is good       | ◆ |
| 8. Socks & footwear       | ◆ | 17. Getting organised      | ◆ |
| 9. Shoes & sandals        | ◆ | 18. Exercise & your nerves | ◆ |

### Notes:

The resource can be printed A3 or A4 size and then laminated.

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