Why Diabetic Patients Need Specially-Designed Shoes by Stanley Boyer

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A lot of people donâ€™t know about this, but diabetes patients need special shoes. This might seem unrelated to the disease, but diabetics needs special shoes because these can literally save their life and limb. Diabetics donâ€™t feel much on their extremities; hence, if their shoes are ill-fitting and cause wounds on their feet, they wouldnâ€™t know it. This can then lead to a host of problems.

One of the side effects of diabetes is neuropathy, or nerve damage. This can cause a patient to develop foot sores or ulcers that, if left untreated, can become infected and lead to the amputation of the leg or some other scary complication. Proper care of the feet then is extremely important, and it could prevent or slow down problems that occur in the feet. Diabetic shoes became popular in the early 1990s, and are now sold almost anywhere. However, it is still preferable to get them from professionals rather than department stores.

The main difference between diabetic shoes and regular shoes is that the former is heavily padded to guard against damage to the feet. Diabetic shoes are also deeper and wider than regular shoes so there would be room for pedorthics, which are special insoles that prevent your feet and the material from rubbing and help distribute your weight evenly.

Although many department stores sell diabetic shoes and these stores say their sales teams are knowledgeable about diabetic shoes, it is still highly recommended to get them from specialized stores or from your doctor. Your shoes would also have to be fitted by a trained diabetic shoe fitter. This fitter will check several factors which will ensure maximum comfort for your feet.

Because diabetic shoes have become relatively mainstream, there are a lot of materials and styles that you can choose from. Diabetic shoes for men, for example, can be made in sandal- or fabric styles. Athletic footwear is also available for the sportier types.

When youâ€™re wearing diabetic shoes for women or men, be sure to check for any red areas on your feet after you remove the shoes. This could be a sign that the shoes are rubbing against your feet, which can lead to an ulcer. As mentioned above, an untreated ulcer can leave you bedridden or even lead to amputation.

Diabetic shoes for men and women are a necessity, not a luxury, so talk to your doctor now and ask him to refer you to a trained diabetic shoe fitter so you can get your pair. For more information, you can visit medicare.com/equipment-and-supplies/diabetic-supplies/diabetic-shoes.html or epodiatry.com/diabetic-foot.htm.

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