

## Why Footwear matters?

Well-made, properly fitting footwear can help you avoid complications associated with diabetes.

## THERAPEUTIC FOOTWEAR

### How is Diabetic Footwear Different?

Dr. Comfort™ footwear is specially constructed to help protect your feet and provide comfort.

#### Cross-section of a diabetic shoe



The fit that **you** deserve: 3 widths & half sizes



For more product information  
visit [www.drcomfort.com.au](http://www.drcomfort.com.au)  
Or call **1300 66 77 30**

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Information provided is for general background purposes and is not intended as a substitute for medical diagnosis or treatment by a trained professional. You should always consult your physician about any health care questions you may have, especially before trying a new medication, diet, fitness program, or approach to health care issues.

- <http://www.who.int/mediacentre/factsheets/fs138/en>
- Van Netten, Jaap J., Lazzarini, Peter A, Fitridge, Robert, Kinnear, Ewan M, Griffiths, Ian, Malone, Matthew, Perrin, Byron, Prentice, Jennifer, Sethi, Sharif, & Wraight, Paul R (2017) Australian diabetes-related foot disease strategy 2018-2022: The first step towards ending avoidable amputations within a generation. Wound Management CRC, Brisbane, Australia.
- Minshall ME, Durden E, Huse DM, McMorro D, Lidtke RH. Characteristics and Health Care Resource Utilization of Type 2 Diabetes Mellitus (T2DM) Patients Using Therapeutic Footwear. Diabetes, 2014; 63(Suppl. 1): A163

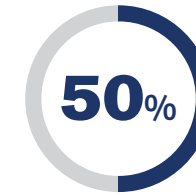


## WHY DO I NEED DIABETIC FOOTWEAR?

A guide to healthier, happier feet **for people with diabetes.**



### Its time to put your feet first



of all people with diabetes have some form of nerve damage<sup>1</sup>.



Nearly 1 in 4 of people living with diabetes are at risk of developing diabetic foot disease<sup>2</sup>.

## 50,000

Australians are living with diabetic foot disease<sup>2</sup>

### How diabetes affects my feet?

Diabetes can cause nerve damage to your feet which reduces sensation in your extremities. Pressure from shoes, cuts, bruises, or any injury to the foot may go unnoticed which allowing it to progress to a more serious, advanced stage

Poor blood circulation can also make it difficult for foot injuries and infections to heal.

That's why even a small bump or cut can result in serious consequences if it goes without timely medical attention.

**The good news is there are steps you can take to ensure you continue to walk through life with healthy, happy feet.**

## Diabetic foot complications are preventable

Preventing diabetic foot complications are a joint effort between your health professionals and you.

The best way to start is to have foot checks by your trusted health professionals and ask them about steps you can take to help prevent the complications.

# Dr. Comfort™ is recommended for people with diabetes

## Protection & customized comfort

Dr. Comfort™ Diabetic footwear is specially constructed to protect your feet and to help provide superior comfort.

### ATHLETIC, DRESS, CASUAL COLLECTIONS

### DR. COMFORT™ SPECIALTY COLLECTIONS

Studies have shown therapeutic footwear can help decrease ulcers & amputations in diabetic patients<sup>3</sup>.

#### EXTRA WIDTH & DEPTH

In the toe box - Helps reduce pressure in the forefoot and accommodates insert inside the shoes.

#### FIRM HEEL COUNTER

Helps provide extra medial and lateral support & stability.

#### CLOUD CONTOUR GEL INSERT

Provides arch support, shock-absorption.

#### SLIP RESISTANT

Reliable grip, increases traction & lightweight.

#### LIGHTWEIGHT CONSTRUCTION

Helps reduce daily fatigue.

#### BREATHABLE MATERIALS

Regulates temperature to help keep feet cool & dry.

#### 4-WAY STRETCH LYCRA®

##### Designed for Bunions or Hammer Toe

Helps accommodate common foot conditions such as bunions and hammer toe and increases comfort.



@Lycra is a registered trademark of INVISTA NORTH AMERICA S.A.R.

#### DOUBLE DEPTH SHOE

##### Designed for Swollen Feet

For feet standard shoes can't fit – Constructed with extra volume to help accommodate swelling, ankle braces and ankle-foot orthoses.



## CHECK



## DAILY FOOTCARE TIPS for healthier, happier feet

### Check for damage

- You may have serious foot problems without feeling pain.
- Check your feet for cuts, sores, swelling and infected toenails every day.

### Check for corns or calluses

- These are signs that your feet are getting too much pressure.
- A callus or corn can actually be a thin layer of hard skin covering a much deeper wound or ulceration, check with health professional about the best way to care for them.

### Feel your feet

- Feel your feet to see any change in sensation such as numbness, tingling or loss of sensation.

## CARE



### Wash & dry your feet daily

- Wash your feet in warm water. When you're done, dry well, especially between your toes.
- Use talcum powder or cornstarch to keep the skin between your toes dry.

### Keep your skin soft & smooth

- Rub a thin coat of skin lotion or cream on the tops and bottoms of your feet.
- Do not moisturise between your toes because this may trap moisture and lead to further skin problems.

### Trim your toe nails

- Trim straight across and smooth them with an emery board or nailfile.
- Don't cut the corners of the toenails.

## PREVENT



### Wear shoe that fit well

- Always wear shoes both indoor & outdoor.
- Wear comfortable shoes that fit well – right length, width and depth.
- Looking for shoes with more depth in the toe box, good coverage of both top and bottom, and smooth lining.

### Manage your diabetes

- Make healthy lifestyle choices to keep your blood glucose (sugar), blood pressure and cholesterol close to normal.
- Doing so may help prevent or delay diabetes-related foot problems.

### Protect your feet from hot & cold

- Wear shoes at the beach or on hot pavement, and put sunscreen on the top of your feet to prevent sunburn.
- Wear socks at night if your feet are cold. Be sure to wear warm shoes or boots in cold weather.

### Always wear socks

- Always wear socks, stockings or nylons with your shoes to help avoid blisters and sores. Choose clean, lightly padded socks that fit well.

### Keep the blood flowing to your feet

- Put your feet up when you're sitting.
- Wiggle your toes for five minutes 2 -3 times per day.
- Don't cross your legs for long periods of time.
- Don't smoke. Smoking reduces blood flow to your feet.