



## Care of the diabetic foot.



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## Living with diabetes.

Today, more than 14 million Americans and an estimated 120 million people worldwide are afflicted with diabetes. Millions more display undiagnosed symptoms that lead up to this terrible disease and the incidence of diabetes is on the rise.

Medical studies show that diabetes has a debilitating effect on the extremities, most often the feet. And, of all the diabetics admitted to hospitals, over 20% of them are there because of foot problems. Sadly, many of their problems could have been prevented by proper footcare.

The American Diabetes Association reports that 15% of all people with diabetes will eventually develop foot ulcers and that these ulcers frequently become infected and lead to amputation. 50% to 70% of all non-traumatic amputations occur in patients with diabetes. However, professional care, educational programs and proper self-care can help prevent tragedy and improve the quality of life of people with diabetes.

## Families of diabetics.

It is very important for the family members of a person with diabetes to understand the basics of diabetes so they can recognize dangers and help sustain, encourage and remind that person how to stay healthy.

## Self-care can mean a better life.

It is important to remember that aggressive care of the diabetic foot can often offset or alleviate potentially painful and irreversible damage that can decrease the quality of your life forever.

Common sense, good medical care, and the simple footcare guidelines presented in this booklet can prevent problems that could lead to catastrophic consequences, even amputation.



## Walking around the world.

The foot is a highly complex structure, containing 26 bones, 29 joints, and 42 muscles. In a lifetime, the average individual will walk some 115,000 miles, or more than four times around the world. Therefore, it is not surprising that even a "healthy" person with normal nerve function and circulation can develop many foot problems. For the person with diabetes, whose nerve and circulatory functions are impaired, foot problems are even more common and more serious. Neglect of a diabetic foot problem can frequently lead to severe complications.

### Daily Care

#### Keep them clean.

Wash your feet well with mild soap in medium temperature water every day. Dry carefully, especially between the toes.

#### Keep them dry.

Use a good foot powder sparingly between the toes.

#### Inspect them daily.

Check for blisters, cuts, scratches and discoloration. For dry feet, use a very thin coat of lubrication oil or cream. Don't put oil or cream between toes.

#### Keep them well-maintained.

Cut toenails straight across. Consult physician for detailed instructions.

#### Change socks or stockings every day.

Select fitted, seamless socks and do not wear mended socks.



### DO NOTs

Do not smoke.

Do not drink alcohol.

Do not go barefooted.

Do not soak feet.

Do not use adhesive tape on feet.

Do not wear shoes without socks or stockings.

Do not wear sandals with thongs between toes.

Do not sit with legs crossed. Or sleep with ankles crossed.

Do not apply heat to feet, ie. Hot water bottles or heating pads.

Do not cut corns and calluses. See a footcare specialist.

Do not use chemical agents for removal of corns and calluses.

Do not use corn plasters.

Do not walk barefoot on hot surfaces, like hot sandy beaches or cement around swimming pools.



## Danger! You might not feel it.

Of all the conditions that affect the diabetic foot, most stem from neuropathy or neuritis, which may leave foot insensitive to pain. Without this warning signal, the diabetic foot is in danger of succumbing to irritations and infections. Although gangrene and amputation are the most drastic results, simple neglect can lead to these catastrophic consequences.

## Self-help, self-care, success.

A simple regimen of daily care for a person with diabetes can go a long way toward lessening or eliminating foot problems. The three areas that make up the basic essentials of foot care are:

- (1) washing
- (2) inspection
- (3) shoe protection

These three areas come pretty much under your control. So what you do every day is very important to the life and health success that you can enjoy.

## Daily footcare, it's up to you.

Wash your feet thoroughly and carefully every day. Use a towel to dry and massage between the toes. This keeps the area dry and removes dead skin. Be careful of water temperature. Test with hands first.

## A daily walk, even a short one, helps.

Improving the blood supply to the foot can often help to keep it healthy. One way is by walking, which exercises the legs without causing physical stress to the feet. If the weather is bad, walk around the house or go Mall walking.



## Daily foot inspection is critically important.

Remember, if you have insensitive feet, you may be unaware of blisters, sores, cuts and scratches that would be painful to a non-diabetic person. For this reason, your feet must be inspected daily, including the top and bottom of the foot, the heel and between the toes. Use a hand mirror, or a magnifying glass. Ask a family member to help if your eyesight is not good or you cannot bend close enough to your feet for careful inspection.

Parents, help children with the inspection process every so often and reinforce the importance of daily foot inspection to them.

## Get good shoes and inspect them daily.

Shoes can offer protection and even treatment for a condition brought on by diabetes. Therefore, it is important to get a medical professional's advice concerning what shoes are best for your feet. And it is equally important to have good shoes fitted by a professional. However, you should inspect the inside of your shoes every day for foreign objects, nail points, or torn lining.

## Consider the perfect shoe.

Xtra Depth® shoes are the perfect shoes for care of the diabetic foot. Consider their design and construction.

## The Xtra Depth® Shoe.

1. Orthoflair Sole for maximum stability and treading surface.
2. Long Inside Counter for maximum rear stability and arch support.
3. Pillow Back foam-padded collar to cushion and comfort ankle.
4. Leather Lining for a smooth, non-irritating surface to help protect the foot.
5. Leather Upper of soft, supple deerskin or calfskin.
6. Minorplast® removable cushion inlay for immediate comfort and adjustability.
7. Xtra Depth® Space that provides ¼ inch added depth inside the shoe in order to accept custom orthotics if needed.



## Adaptability to your foot.

Many doctors agree, there is no end to the ways an Xtra Depth® shoe can be adapted to give your feet maximum fit, support, relief, and comfort.

Xtra Depth® construction means you get a shoe that has extra space for removable inlays and personal orthotics. It means space for total contact inserts so important for the diabetic foot. Xtra Depth® shoes also mean long inside counters, designed for additional arch support and comfort. And Xtra Depth® shoes mean a smooth, non-toxic leather lining to protect your feet.

## Xtra Depth® allows for the TCI.

The Total Contact Insert (TCI) is a special insole which is custom made from a model of a diabetic patient's foot and can achieve the following: relieve areas of excessive plantar pressure, reduce shock, reduce shear, accommodate and stabilize deformities, and limit the motion of joints. Of course, TCI's should always be designed and fabricated by an experienced professional.

### SIZE & WIDTH CHART



## Proper fit requires size and width.

The only way a shoe can possibly fit a foot properly is for the shoe to be the correct size and the correct width. Look at the incredible Xtra Depth® size and width range shown in the charts above.

## A style and a width for almost every foot.

It's almost too good to be true. Xtra Depth® shoes are not only available in dress, casual, walking and athletic styles for men and women, but they are inventoried in the largest size and width selection in the shoe industry. Ask to see the newest brochure showing the most popular Xtra Depth® shoe styles.

## Style, good looks, comfort, protection.

Here are some of the over 80 styles available in the Xtra Depth® Shoe Collection. For a closer look, visit your nearest authorized Xtra Depth® shoe dealer, or write for a free brochure.

## Medical teamwork on your behalf.

Regular visits to a team of medical professionals will ultimately be your best protection. While under their care, your needs can be individually determined and then monitored accordingly. Today, team care is a smart way to approach the needs of a diabetic patient.

### TEAM CARE

- primary or family physician
- diabetologist
- diabetic educator
- podiatrist
- pedorthist/orthotist
- orthopedist
- pharmacist
- nutritionist
- physical therapist

## Make diabetes care a family affair.

If you have diabetes, make sure your family is knowledgeable about diabetes and let them help you. If you have a member of your family with diabetes, learn more about diabetes and be ready to help. Family involvement can make an enormous difference in the lifestyle and the life span of a person with diabetes.

## Make your life a better life.

You can do it. By taking active precautions under the care of a medical professional, future problems can be avoided. Remember, shoes correctly fitted by a footcare specialist, appropriate exercise and diet, and regular medical care will go a long way toward helping you stay healthy, comfortable, mobile and happy.



## Life just keeps getting better.

Here are excerpts from five of thousands of stories we hear each year from people whose lives are turned around because of Xtra Depth® shoes and proper footcare:



## Celebrating Life

*"I determined long ago that diabetes wasn't going to interfere with my enjoyment of life and my passion for history. Everything we wear in our Civil War reenactments is 100 percent authentic. My two concessions to the 20th century are insulin and my leather-lined Xtra Depth® Chukkas. Both help give me the life I want.*

Joe Unger, Ironton, Ohio

*"First I had a diabetic bilateral metatarsal amputation. Then I was fitted with Xtra Depth® Thermold® shoes and had prosthetic inlays made. So now I can get around normally and I don't worry about inside abrasions with the lightweight deerskin and the soft lining of Xtra Depth® shoes. I am one happy camper!"*

Haraold Forman, Port Charlotte, Florida

*"As an insulin dependent woman with diabetes mellitus and diabetic neuropathy involving my feet, my heartfelt thanks to you for enabling me to walk in comfort again."*

Beverly R. Benowitz, Rochester, New York

*"I have diabetes and four years ago I had to crawl on my elbows because I couldn't walk. My doctor recommended Xtra Depth® shoes. I couldn't believe the difference. Today I walk three miles every morning. I now have five pair of Xtra Depth® shoes. I'll never wear another brand in my life. Thank God and thank you for Xtra Depth® shoes!"*

Barney Todorovich, Whittier, California

*"Throughout my 17 years of having insulin dependent diabetes, I've had surgery three times on both feet, I've endured problems with pressure points on every pair of shoes I have ever worn, and I was even wheelchair bound for a time. Seven months ago I was fitted with my first pair of Xtra Depth® shoes. I walked out the door and I haven't had a single foot problem since. I feel great. Thanks to you I can walk again."*

Audrey Zekich, Greendale, Wisconsin



## When you really need comfort.

A long, painful walk back home to Interlaken, NY following the Civil War is how it all began, when brothers, Peter W. Minor and Abram V. Minor, decided to go into the shoe business. Giving people comfort in place of pain is a responsibility we have taken very seriously for four generations. It is with a great sense of satisfaction and commitment that we design and create Xtra Depth® shoes to help people with diabetes live more pleasant, more productive lives. Let us help you trade pain for comfort. Call on us for help and service anytime and let us help you protect your feet.

Henry H. Minor III  
President, P.W. Minor & Son, Inc.

Information in this booklet came from the following sources:

American Diabetes Association, Diabetes Information Service Center, 1660 Duke Street, Alexandria, VA 22314, 1-800-ADA-DISC.

"Sidestepping Foot Problems," and article in "Diabetes, Self-Management" by Marvin Levin, M.D., Associate director, Diabetes & Metabolism Clinic of the Washington University School of Medicine.

Xtra Depth® University, Publications Group, Care of the Diabetic Foot Brochure, School of Pedorthics, P.W. Minor & Son, Inc.

"The Diabetic Foot," 4th edition, Levin, MD and O'Neal, The C.B. Mosby Company, St. Louis, MO, 1988.

Dennis J. Janisse, C.Ped., Pedorthic Center Inc. Milwaukee, WI.

"The Art & Science of Fitting Shoes," an article in "Foot & Ankle," June, 1992 by Dennis Janisse, C.Ped, Milwaukee, WI.

"The Role of Pressure Distribution Measurement in Diabetic Foot Care" in the "VA Rehabilitation & Development Progress Report," Spring, 1987 by Lee J. Sanders, DPM, Peter R. Cavanagh, PhD, David S. Sims, Jr., PT MS, VA Medical Ctr, Lebanon, PA.

## Live a better life.

Professionals: For additional copies of this booklet for educational purposes, please call toll-free 1-800-PW MINOR.



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