

# DIABETES

Diabetes is a serious disease that can develop from the lack of insulin production in the body or due to the inability of the body's insulin to perform its normal everyday functions. Insulin is a substance produced from the pancreas gland that helps process the food we eat and turn it into energy.

Diabetes affects approximately 20 million Americans and is classified into 2 different types: Type 1 and Type 2. Type 1 is usually associated with juvenile diabetes and is often linked through heredity. Type 2, commonly referred to as adult onset diabetes, is characterized by elevated blood sugars, often by people who are overweight and have not adequately attended to their diet and exercise.

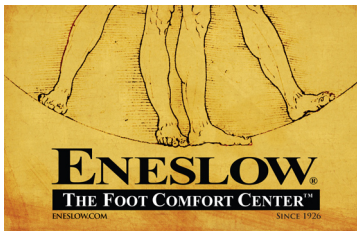
There are often many complications associated with diabetes. Diabetes disrupts the numerous systems, affecting many areas of the body such as the heart, eyes, kidneys, legs, and feet. People with diabetes should pay special attention to their feet.

## Proper Shoe Fit

The widest part of the foot should be in the widest part of the shoe.

There should be at least 3/8" of space between the longest toe and the the end of the shoe.

The shape (last) of the shoe should match the shape of the foot.



*Eneslow has been helping individuals with diabetes with their footwear & related devices since 1926*

## Foot Care & Diabetes

Proper foot care is especially critical for diabetics because they are prone to foot problems such as:

- Loss of feeling in their feet
- Changes in the shape of their feet
- Foot ulcers or sores that do not heal
- Amputations caused by the above conditions

Simple daily foot care can prevent serious problems. According to the National Institute of Health, the following are simple everyday steps that will help prevent serious foot complications from diabetes:

1. Take care of your diabetes
2. Check your feet every day
3. Wash your feet every day
4. Keep the skin soft and smooth
5. Trim your toenails each week or when needed
6. Wear shoes and socks at all times
7. Protect your feet from hot and cold
8. Keep the blood flowing to your feet
9. Be more active
10. Communicate with your doctor

## Eneslow The Foot Comfort Center

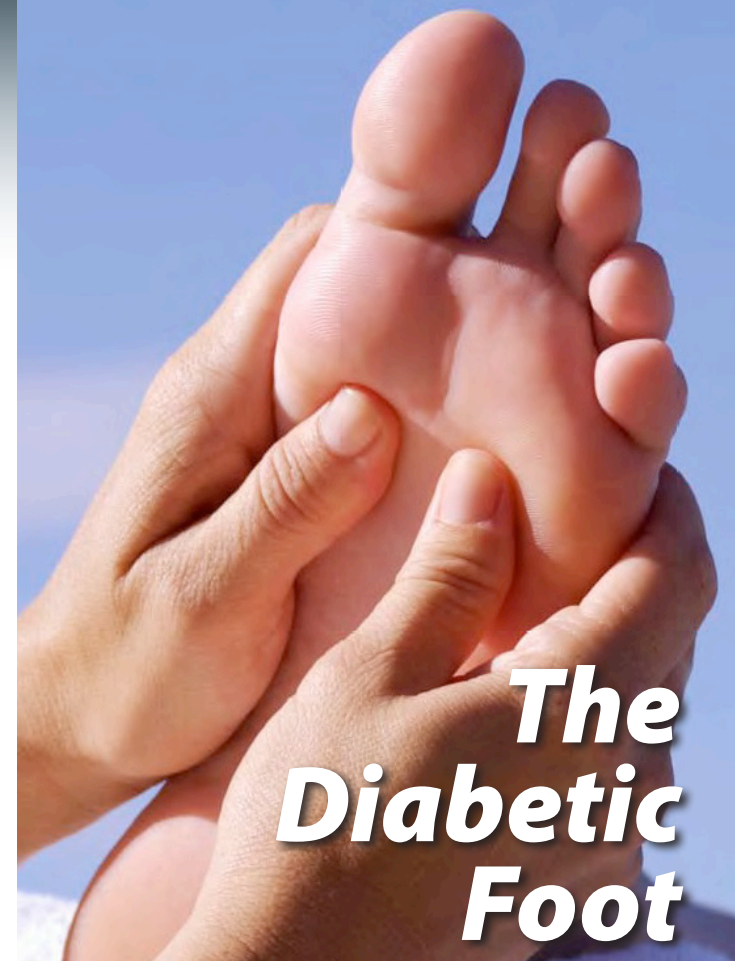


**470 Park Avenue South  
(@ 32nd street)  
New York, NY 10016  
212.477.2300**



**254-61  
Horace Harding Expwy  
(exit 32 off L.I.E.)  
Little Neck, NY 11362  
718.357.5800**

Email: [Info@eneslow.com](mailto:Info@eneslow.com)  
[www.eneslow.com](http://www.eneslow.com)



# The Diabetic Foot

# Treatment & Prevention

*Improving people's lives from first step to last in shoes that look as good as they feel!*



NYC 212.477.2300  
LITTLE NECK 718.357.5800

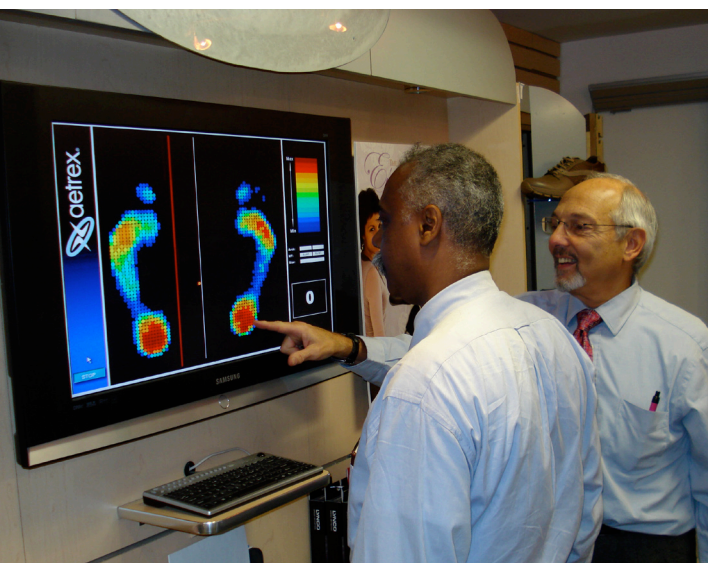


## DIABETIC FOOT CONDITIONS & TREATMENT

### Neuropathy

Of the twenty million Americans with diabetes, 25% will develop foot problems related to the disease. Diabetic foot conditions develop from a combination of causes including poor circulation and neuropathy. Diabetic Neuropathy can cause insensitivity or a loss of ability to feel pain, heat, and cold. Diabetics suffering from neuropathy can develop cuts, scrapes, blisters, or pressure sores that they may not be aware of due to insensitivity. If these minor injuries are left untreated, complications may result and lead to ulceration and possibly even amputation. Neuropathy can also cause deformities such as Bunions, Hammer Toes, and Charcot Feet.

It is very important for diabetics to take the necessary precautions to prevent all foot related injuries. Due to the consequences of neuropathy, daily observation of the feet is critical. When a diabetic patient takes the necessary preventative footcare measures, it reduces the risks of serious foot conditions.



## POOR CIRCULATION

Diabetes often leads to peripheral vascular disease which inhibits a person's blood circulation.

With this condition, there is a narrowing of the arteries that frequently leads to significantly decreased circulation in the lower part of the legs and the feet. Poor circulation contributes to diabetic foot problems by reducing the amount of oxygen and nutrition supplied to the skin and other tissue, therefore causing injuries to heal poorly. Poor circulation can also lead to swelling and dryness of the foot. Preventing foot complications is more critical for the diabetic patient since poor circulation impairs the healing process, and can lead to ulcers, infection, and other serious foot conditions.

### If you have poor circulation:

- DO NOT cross your legs for long periods of time.
- DO NOT wear tight socks, elastic, or rubber bands, or garters around your legs.
- DO NOT wear restrictive footwear or foot products. Foot products that can cut off circulation to the feet, such as products with elastic, should not be worn by diabetics.
- DO NOT smoke. Smoking reduces blood flow to your feet. the areas of the foot most susceptible to pain, most notably the ball-of-the-foot.



## Treatment and Prevention

Footwear and orthotics play an important role in diabetic footcare. Orthotics designed with Plastazote™ foam, the #1 material for protecting the insensitive diabetic foot, are usually recommended. Plastazote is a material designed to accommodate pressure "hot spots" by conforming to heat and pressure. By customizing to the foot, Plastazote provides the comfort and protection needed in diabetic footcare. Diabetic Footwear should also provide the following protective benefits:

- High, wide toe box (high and wide space in the toe area)
- Removable insoles for fitting flexibility and the option to insert orthotics if necessary.
- Rocker Soles: These soles are designed to reduce pressure in the areas of the foot most susceptible to pain, most notably the ball-of-the-foot.
- Firm Heel Counters for support and stability.

If you are a diabetic, you should be particularly alert to any problems you may be having with your feet. It is very important for diabetics with neuropathy to take necessary precautions to prevent injury and keep their feet healthy. If you have diabetes and are experiencing a foot problem, immediately consult with your foot doctor.

