SAVE FEET INDIA

Prevent - Protect - Move

DIABETES & FOOTWEAR

The right footwear depends on your foot risk - not just your shoe size.

Diabetes can affect feeling, circulation and skin healing. A qualified health professional should assess your individual risk.

EARLY DIABETES

Protect and prevent

- **Check both feet every day.**
- **Keep walking and stay active.**
- **Choose properly fitted, comfortable footwear.**
- **Do not ignore rubbing, blisters, redness or a suddenly tight shoe.**
- **Have a foot and circulation check at least yearly.**



NUMBNESS OR CIRCULATION CHANGES

Protect every step

- Never walk barefoot - even at home.
- Use closed shoes with enough depth, width and soft uppers.
- Check inside the shoe before putting it on.
- Check feet daily for marks, blisters, cuts or colour change.
- Have regular foot reviews as advised by your clinician.







HIGH RISK / PREVIOUS AMPUTATION

Specialist protection

- Do not choose footwear by appearance alone.
- You may need extra-depth, medical-grade or custom footwear and insoles.
- Wear prescribed footwear every time you are on your feet.
- Seek prompt care for a new wound, redness, swelling, discharge, heat or colour change.
- Keep regular professional foot-care appointments.











Do not self-classify your risk.

Loss of protective sensation and circulation changes are often not obvious. Speak with your diabetes doctor or qualified foot-care professional.