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## If you're an adult with diabetes,

the Foot & Ankle Center's Diabetic Shoe Program gives you and your feet maximum comfort, protection and mobility by providing inserts and specially designed and fitted shoes that are both fashionable and comfortable — often with little or no out-of-pocket costs.



*Richmond's All-in-One Foot Care Center*



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Located on the campus of Johnston-Willis Hospital



# Diabetes, Shoes & Your Feet

The Diabetic Shoe Program at the  
Foot & Ankle Center  
can keep you and your feet feeling fit.



The Foot & Ankle Center  
Located on the Campus of Johnston-Willis Hospital

Dr. Mitchell R. Waskin • Dr. Jeffrey P. Frost

# Diabetes, Shoes & Your Feet

## What does diabetes have to do with shoes?

A lot. Every week, more than 1,500 Americans have a portion of their foot, or even their entire leg, amputated because of complications related to diabetes. One of the most common side effects of diabetes is the loss of feeling and circulation in the feet. If you have even a mild foot deformity, such as a bunion or contracted toe, it can cause your feet to rub against your shoes, resulting in foot ulcers and serious infection, which could lead to amputation of the foot or leg. In fact, wearing ill-fitting shoes is the most frequent cause of foot problems leading to amputation.

If you have diabetes, a properly fitted diabetic shoe is your best protection from amputation and other foot problems.

## How do I get the right shoes?

If you have diabetes, your podiatric physician at the Foot & Ankle Center will conduct a Comprehensive Diabetic Foot Exam, which is designed to decrease diabetes-related amputations by preventing, or aggressively treating, foot problems. Then our staff pedorthist, or shoe specialist, will evaluate and measure your feet and prescribe shoes and insoles that are comfortable and fit properly.

If you have a significant deformity, we'll make molds of your feet and create custom-molded shoes for you. Custom inserts provide your foot with the support and protection you need to relieve pressure points that could cause hard-to-heal lesions. If you've had an ulcer on your foot, custom inserts can reduce the chance of recurrence.

## Will insurance pay for my diabetic shoes?

Medicare and almost all major insurance companies include diabetic shoes and diabetic insoles as a covered benefit. The staff at the Foot & Ankle Center will gladly contact your insurance company to find out if you have this coverage.

If you do not have coverage for diabetic shoes, we will work out an easy and affordable payment plan. The risk of ulceration and infection is significant. ***Don't take unnecessary risks with your foot health. Call the Foot & Ankle Center today!***

## What types of shoes do you offer?

The Foot & Ankle Center offers a wide selection of stylish shoes from major manufacturers such as New Balance, Hush Puppies, Soft Spots, Drew and Rockport. The models we've selected provide the extra depth and design considerations you need to help prevent diabetic foot complications without sacrificing a fashionable look.

## Still have questions?

Call and talk to one of the podiatric physicians at the Foot & Ankle Center, or ask your primary care physician for a referral to our clinic, which is conveniently located on the campus of Johnston-Willis Hospital. You can reach us at 804-320-FOOT (3668), or visit us online at 320-FOOT.com.

*Together, the Comprehensive Diabetic Foot Exam and diabetic shoe program at the Foot & Ankle Center provide a solid defense against diabetes-related foot problems that may lead to amputation.*

