



dance out diabetes

Diabetes in Real Life

Picking Out Your Dancing Shoes: Smart Shoe Shopping Tips

Love to shoe shop? People with diabetes need to look for more than a good buy or a fashion statement when shopping for shoes. Read on to find out everything you need to know about picking out the perfect pair of shoes.

Find a Shoe Pro

Choose a reputable shoe store that will size your foot properly and advise you on the right fit. Feet can change size, and all shoes have a different feel and fit.

Don't Be an Early Bird

Always shop for shoes late in the day to ensure the best fit. Feet swell throughout the day, so shoes that fit snugly during a morning shopping trip could result in painful blisters when you try to wear them out on the town that night.

Look for Sensible Shoes

Wear your “everyday” socks when trying on shoes so you have an accurate idea of fit. The best shoes for people with diabetes are those that protect the foot and fit comfortably. That means a shoe with closed toes, a low heel, and enough room in the toe box. Shoes should be wide enough so they don't crowd or pinch the toes. Don't rely on shoes to stretch. If they don't fit right in the store, take a pass.

Test Drive

When you buy a new pair of shoes, wear them around the house first to break them in. Afterwards, check your feet thoroughly for signs of friction, like blisters. If you have any issues with fit or comfort, a return to the store is usually easier if you haven't worn the shoes outside.

Special Order

If you have neuropathy (nerve damage), circulation problems, or a history of foot ulcers, you may need special therapeutic shoes to protect your feet. Orthotics, special inserts that fit into the sole of your shoe and provide added support, are another option. Medicare covers shoes and inserts for qualifying patients; a podiatrist (foot doctor) or pedorthist (a professional who specializes in fitting custom shoes and other devices for people with foot problems) can tell you if they are right for you.

Out With the Old

Worn out shoes don't support the feet properly and can result in friction abrasions and other problems. Signs your shoes need to be retired include holes, worn or torn lining, compressed arch, and worn heel. In some cases, such as a worn heel, you may

be able to take a shoe or boot in for repair to get a “like new” experience. But unless your shoes are expensive, it's usually best to toss an old pair and go shoe shopping. Because who doesn't like to shop for new shoes?

