



## Manage Your ABC's

Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol — also known as the ABCs of diabetes. Teach your family about your diabetes and the ABCs so they can help you, too.

**A1c:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.

**Blood Pressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but your doctor might set different goals for you.

**Cholesterol:** LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask what your cholesterol numbers should be.



**Call your doctor right away if a cut, blister, or bruise on your foot does not begin to heal after a few days.**



Use the camera on your smartphone to scan the QR code and view more information about foot care and diabetic shoes.

402.614.7321 | [www.OrthoMedics.us](http://www.OrthoMedics.us)

### Warranty/Return Policy on Shoes

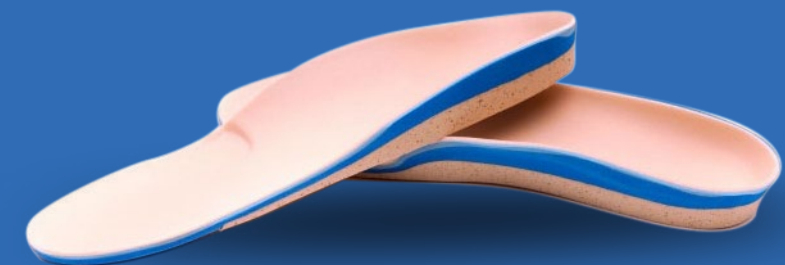
Please wear your shoes on a carpeted surface during the break in period and until you are sure of a comfortable fit. Shoes that are dirty or have visible wear or damage cannot be returned or exchanged. Shoes can be returned or exchanged because of faulty fit within 30 days from the date they were received. Shoes must be returned in the original box. The shoes are warrantied by the vendor to be free from defects in material and workmanship for a period of six months from the start of use.

An Orthomedics Quick Guide to:

## Diabetic Shoes and Custom Inserts



**When your feet have** a loss of protective sensation, the shoes and inserts you wear can either help you to live a healthy and productive life, or can contribute to repeated open sores that may gradually lead to amputation. No single type or style of shoe is appropriate for everyone. Wearing the right type of shoes is important for keeping your feet healthy.



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**ORTHOmedics**  
Orthotic and Prosthetic Services



### Shoe Break-In Instructions:

In order to ensure that your shoes become a functioning extension of your pedorthic medical care, please follow these instructions:

1. When you arrive home, place your new shoes (with the inserts in them) on your feet (with socks) and wear them for 30 to 60 minutes – only on carpeting at first.
2. Remove your shoes and socks to look for any areas of redness on your feet (ask a family member for assistance, if necessary). If you notice any red spots or other signs of irritation, or if the shoe does not fit properly, STOP wearing your shoes immediately. Call our office to make an appointment to have the fit of your shoes and insoles checked. You must bring the shoes back in the original box.
3. Once you have verified that the shoes do not rub your skin (absence of redness), wear your shoes around your home. Increase your wearing time to two hours the second day and three hours the third day. After each day check your feet again for sores or irritations.
4. Once you (or your family member) have verified that you are not having problems with these new shoes and inserts, you are ready to wear them outside the home. Remember, the shoes can only be returned if they are still in new condition and in the original box.

### Home Inspection & Follow Up Visits

1. Remember, even after this break-in period, you should always check your shoes and feet each day – looking for anything out of the ordinary. See your doctor if you detect any irregularities and for routine foot care.
2. Inspect the shoes and inserts periodically and call our office if they show unusual wear.
3. The Therapeutic Shoe Bill (Medicare) provides for a pair of shoes and three pairs of inserts in one calendar year. The typical lifespan of these inserts is about 4 months. Please remove each insert as instructed every 4 months and replace it with the other inserts provided. If used properly, 3 pairs of inserts should last one year.

### Care of the Shoes (Leather):

1. Clean your shoes regularly – this will give life back to the leather!
2. If your shoes are dirty, we suggest that you first clean them with a damp cloth to get them ready for an application of shoe crème.
3. Use a cleaning and conditioning crème for the leather shoes. This crème will keep the leather clean and supple. Leather crèmes can be found at any drug, shoe or grocery store.
4. Simply apply the crème with a clean dry cloth and work it into the leather. Buff or brush out to provide a fresh finish. If needed, a colored shoe crème may also be used.

### Care of the Shoes (Nubuck):

1. This material can be cleaned by the using a small suede brush to work away the dirt.
2. Also, there are sprays designed to refurbish suede or nubuck materials (the Kiwi-brand works great). Try the spray in a small area first to test for any discoloration.
3. Do not immerse the nubuck shoes in water. Shoe polish should not be used.

### Care of the Shoes (Lycra®):

1. Never put this shoe in the washing machine.
2. We suggest using any fabric protector on this material to help retard the dirt.
3. Spray the shoes with a fabric protector before wearing them regularly.
4. If the shoes do get soiled, use a small amount of mild soap and water - or a small amount of Woolite and water – to remove the dirt (especially on the beige).
5. Try a baby wipe! (Works great if the shoe has first been sprayed with a fabric protector.)



## Diabetes and You: Healthy Feet Matter!

**It is important to take good care of your feet when you have diabetes.** Did you know that diabetes can harm your feet? The good news is that you can take steps to help keep your feet healthy. The tips below will get you started.

### How Can Diabetes Harm Your Feet?

- Diabetes is the main cause for non traumatic loss of a toe, foot, or leg. Almost half of these cases could be prevented with daily foot care.
- People who have diabetes can lose feeling in their feet. When that happens, it can be hard to tell when you have a problem, like a blister, sore, callus, or cut on your foot.
- Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow in the feet can slow the time it takes for sores to heal and can lead to foot problems.

### Tips to Keep Your Feet Healthy

- Have a podiatrist or foot/ankle physician check your feet at least once a year.
- Check your feet every day for blisters, calluses, corns, red spots and any kind of swelling.
- Wash your feet, especially between the toes, with warm water every day.
- Keep the skin soft and smooth by rubbing a thin layer of lotion on the bottom of them.
- Check with a podiatrist about caring for your feet and avoid over-the-counter products.
- Do not walk barefoot and check your shoes for foreign objects before wearing.
- Protect your feet from hot and cold, always wear socks and shoes.
- Keep the blood in your feet flowing by putting your feet up when sitting and not crossing your legs for extended periods of time.