



*Specializing in  
Foot and Ankle Medicine & Surgery*

**Foot Fact Sheet**

**EARLY DETECTION CAN MINIMIZE DIABETIC FOOT PROBLEMS:**

1. Do your feet and legs experience tiredness and fatigue?
2. Feet feel constantly cold?
3. Persistent burning on soles of feet?
4. Reduced sensation?
5. Persistent infections?
6. Slow healing of cuts and other wounds?

**KEEPING YOUR FEET HEALTHY DURING THE HOLIDAYS:**

1. Wear shoes that are comfortable, cushioned and supportive.
2. Limit your time wearing high heels.
3. Wear shoes made of leather or canvas.
4. Inspect your feet daily to guard against infection.

**HOW TO PURCHASE CORRECT FITTING SHOES:**

1. It is best to have your feet measured, rather than going just by size.
2. Shop for shoes/sneakers at the end of the day or end of a workout.
3. Your one foot is larger; the shoe should fit the larger foot.
4. Wear socks/stocking that you normally wear when trying on shoes.
5. If you wear orthotics, bring them when you get fitted for shoes.