

FOOTWEAR CATALOG

safestep[™]
PREVENTION PAYS

NEW STYLES
AVAILABLE



MAKING EVERY STEP COUNT

SafeStep is dedicated to serving individuals, families and their foot care providers by offering the highest quality shoes and inserts to help foster a healthier and more active lifestyle.

For people with diabetes, SafeStep offers the most comprehensive selection of comfortable, extra depth, reimbursable footwear available, in styles that range from dress to casual to athletic.

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MEN'S

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Unisex Stretch 14

SafeStep offers every shoe from Apex and OrthoFeet. Visit SafeStep.net for a complete style listing.



Shoe Fitting Guide

Women's Shoe Widths

4A	2A	B	D	2E	4E
X-Narrow	Narrow	Medium	Wide	X-Wide	XX-Wide

Men's Shoe Widths

2A	B	D	2E	5E	6E
X-Narrow	Narrow	Medium	Wide	X-Wide	XX-Wide

Don't ask for a size. Ask to be fitted.

Shoe Features

- Light Weight
- Balance Improvement
- AFO Compatible
- Extra Roomy
- Removable Spacers
- Slip Resistant
- Narrow Available
- Adjustable Heel
- Water Resistant
- Washable
- Apex Conform Foam

WOMEN'S FOOTWEAR

WOMENS WALKING

Lace Walker v854W



Color: White/Periwinkle
 Sizes: 4.5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

Lace Walker x801W



Color: Black
 Sizes: 4.5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

WOMENS WALKING

WOMENS WALKING

Breeze Athletic Knit A7000W



Color: Grey
 Sizes: 5-11,12
 Widths: M, W, XW
 Depth: 5/16"

Breeze Athletic Knit A7100W



Color: Navy
 Sizes: 5-11, 12
 Widths: M, W, XW
 Depth: 5/16"

WOMENS WALKING

WOMENS WALKING

Sierra Trail Runner v753W



Color: Grey/Purple
 Sizes: 4.5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

Double Strap Walker v952W



Color: White
 Sizes: 4.5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

WOMENS WALKING

WOMEN'S FOOTWEAR

WOMENS SPORT

Reina Runner X532W



Color: Periwinkle
 Sizes: 5-11, 12, 13
 Widths: M, W, XW
 Depth: 5/16"

* Patented Lockdown™
 Heel Strap Design



NEW!

Boss Runner X525W



Color: Sea Foam/Purple
 Sizes: 5-11, 12, 13
 Widths: M, X, XW
 Depth: 5/16"

WOMENS SPORT

Boss Runner X529W



Color: Sea Foam/Silver
 Sizes: 5-11, 12, 13
 Widths: M, X, XW
 Depth: 5/16"

NEW!

Boss Runner X521W



Color: Periwinkle
 Sizes: 4.5-11, 12, 13
 Widths: M, W, XW
 Depth: 5/16"

WOMENS SPORT

Boss Runner X527W



Color: Silver/Sea Blue
 Sizes: 4.5-11, 12, 13
 Widths: M, W, XW
 Depth: 5/16"

NEW!

Performance Athletic P9200W



Color: Sea Foam/Pink
 Sizes: 6-11, 12, 13
 Widths: M, X, XW
 Depth: 5/16"

WOMENS SPORT

WOMENS SPORT

WOMENS SPORT



WOMENS SPORT

WOMENS SPORT

Performance Athletic P7000W



Color: Black
 Sizes: 6-11, 12
 Widths: M, W, XW
 Depth: 5/16"

Performance Athletic P7200W



Color: White
 Sizes: 6-11, 12
 Widths: M, W, XW
 Depth: 5/16"

NEW!

WOMENS SPORT

WOMENS SPORT

Performance Athletic P7100W



Color: Mint/Grey
 Sizes: 6-11, 12
 Widths: M, W, XW
 Depth: 5/16"

Performance Athletic P7300W



Color: Blue
 Sizes: 6-11, 12
 Widths: M, W, XW
 Depth: 5/16"

NEW!

WOMENS SPORT

WOMENS SPORT

Balance Shoe-Hiker

A3260W



Color: Brown
 Sizes: 5-11, 12
 Widths: M, W, XW
 Depth: 5/16"

* Patented Lockdown™
 Heel Strap Design

Moravia 947



Color: Khaki
 Sizes: 5-12
 Widths: M, W, XW
 Depth: 7/16"

WOMEN'S FOOTWEAR

Francis 844



OrthoFeet



Color: Grey
 Sizes: 5-12
 Widths: M, W, XW
 Depth: 7/16"

Coral 986



OrthoFeet



Color: Turquoise
 Sizes: 5-11
 Widths: M, W, XW
 Depth: 3/8"

Women's Sport. Fresh Foam W860D14 **NEW!**



Color: Light Chrome Blue/Limelight
 Sizes: 6.5 - 10
 Widths : B, D
 Depth: 3/16"

Lace Runner W840BM5



Color: Black
 Sizes: 5-12, 13
 Widths: B, D, 2E
 Depth: 3/16"

Women's Sport. Fresh Foam W860L14 **NEW!**



Color: Arctic Grey/Sea Salt/Bleached Lime Glo
 Sizes: 6.5 - 10
 Widths : B, D
 Depth: 3/16"

Hook & Loop Leather WW928HW3



Color: White
 Sizes: 5-11, 12, 13
 Widths: B, D, 2E, 4E
 Depth: 3/16"

WOMENS SPORT

WOMENS SPORT

WOMENS SPORT

WOMENS SPORT

WOMENS SPORT

WOMENS SPORT

Addiction Walker 2
120307-072



Color: Black
Sizes: 5-12
Widths: 2A, B, D, 2E
Depth: 12mm

Addiction Walker 2
120307-142



Color: White
Sizes: 5-12
Widths: 2A, B, D, 2E
Depth: 12mm

Closed Toe Sandals P2154W

NEW!



Color: Sage/Burnt Orange
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

Closed Toe Sandals P2143W

NEW!



Color: Gray/Blue
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

Coral 981



Color: Black
Sizes: 5-11
Widths: M, W, XW
Depth: 3/8"

WOMEN'S FOOTWEAR

Apex
Awake

A-Wave Prefabricated Orthotics

Experience a gentle wave of comfort, enhanced stability and relief from pain with A-Wave: Flex, Firm and XFirm

View at Safestep.net



Boat Shoe A2220W

NEW!



Color: Grey
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

Blutcher Canvas Zip X2440W

NEW!



Color: Navy
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

Blutcher Canvas Zip X2410W

NEW!



Color: White
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

Ellen A404W

NEW!



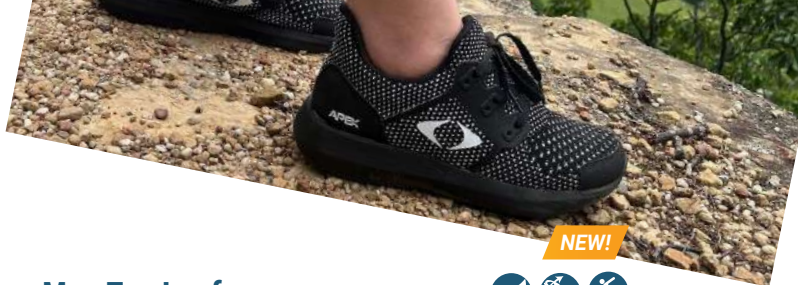
Color: Tan
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

Balmoral X2320W

NEW!



Color: Tan
Sizes: 5-11, 12, 13
Widths: M, W, XW
Depth: 5/16"



NEW!

Moc Toe Loafer X2240W



Color: Navy
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"

Regina A700W



Color: Black
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"

WOMENS CASUAL

Moc Toe Loafer X2220W

NEW!



Color: Tan
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"

Balmoral X2340W



Color: Navy
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"

WOMENS CASUAL

Linda A830W



Color: Black
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"

WOMENS CASUAL

WOMEN'S FOOTWEAR

WOMENS CASUAL

Classic Oxford Lace 1270W



Color: Black
Sizes: 4.5-11,12,13
Widths: M, W, XW
Depth: 1/2"

WOMENS CASUAL

Mesh Mary Jane A600W



Color: Black
Sizes: 6-11, 12, 13
Widths: M, W, XW
Depth: 5/16"

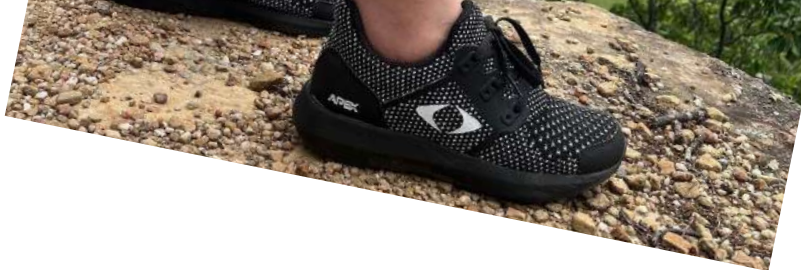
WOMENS CASUAL

Liv A400W



Color: Black
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"





Chelsea 817



Ortho*Foot*



Color: Black
 Sizes: 5-12
 Widths: N, M, W, XW
 Depth: 3/8"

Janice A300W



APEX



Color: Black
 Sizes: 5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

Lisa Mary Jane A330W



APEX



Color: Black
 Sizes: 5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

Boat Shoe A2210W

NEW!



APEX



Color: Grey
 Sizes: 5-11, 12, 13
 Widths: M, W, XW
 Depth: 5/16"

Verona 997



Ortho*Foot*



Color: Pewter
 Sizes: 5-12
 Widths: M, W, XW
 Depth: 3/8"

Evelyn A205W



APEX



Color: Black Croc
 Sizes: 5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

WOMENS DRESS

WOMENS DRESS

WOMENS DRESS

WOMENS DRESS

WOMENS DRESS

WOMENS DRESS

WOMEN'S FOOTWEAR

Evelyn A200W



Color: Black
Sizes: 5-11,12,13
Widths: M, W, XW
Depth: 5/16"

WOMENS DRESS

Dakota 894



Color: Olive
Sizes: 5-12
Widths: M, W, XW
Depth: 7/16"

WOMENS BOOT

Florence 867



Color: Brown
Sizes: 5-12
Widths: M, W, XW
Depth: 7/16"

WOMENS BOOT

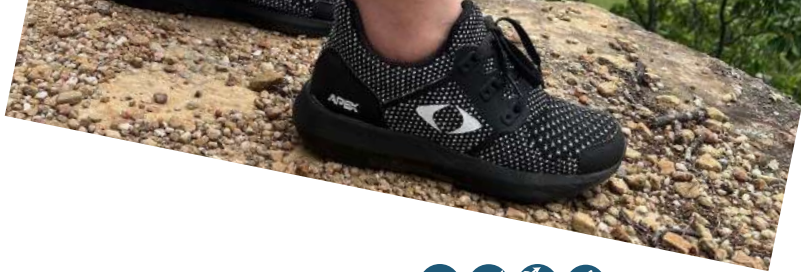
Dakota 892



Color: Blue
Sizes: 5-12
Widths: M, W, XW
Depth: 7/16"

WOMENS BOOT





Emmy A720W



Color: Black
 Sizes: 5-11,12,13
 Widths: M, W, XW
 Depth: 5/16"

WOMEN'S STRETCH

Wichita Spandex 825



Color: Black
 Sizes: 5-12
 Widths: M, W, XW, XXW
 Depth: 3/8"

WOMEN'S STRETCH

Apex Balance Shoe (ABS) A3200W



Color: Black
 Depth: 5/16"
 Sizes:
 Women's: 5-11, 12

Men's: 7-13, 14, 15
 Widths: M, W, XW

WOMEN'S STRETCH



ARIZONA AFO

SafeStep offers the Full line of Arizona Gauntlet, Thermoplastic and Specialty AFOs, please visit our website for all styles and medicare coding and reimbursement info at safestep.net





THE ULTIMATE SOCKS:

Unmatched comfort, health benefits, and exceptional features

- Seamless design curbs ulceration
- Moisture-wicking promotes drier feet
- Ventilated airflow for temperature control
- Non-binding for improved circulation
- Copper yarn means antibacterial/antifungal/anti-odor and softer skin
- Heel and forefoot padding for ultimate comfort
- Light arch support helps relieve achiness
- Y-heel and toe construction for perfect fit

Heavenly Healthful Socks™ Irresistible Pricing!



Copper Cloud will help keep feet dry, odor-free and feeling great. **Guaranteed!**

1. Non-binding welt
2. Moisture-wicking acrylic to keep feet cool and dry
3. Y-heel and toe construction for a perfect fit
4. Heel and forefoot padding
5. Multi-benefit, copper-infused yarn
6. Light arch support
7. Ventilated airflow
8. Seamless construction for maximum protection

X-Small
Men: 4-6
Women: 5-6

Small
Men: 6.5-8
Women: 7.5-9

Medium
Men: 8.5-10
Women: 9.5-11

Large
Men: 10.5-12
Women: 11.5-13

MEN'S FOOTWEAR

MENS WALKING

Lace Walker X801M



Color: Black
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Active Lace Walker G7000M



Color: Black
 Sizes: 6.5-13,14,15, 16
 Widths: M, W, XW
 Depth: 1/2"

MENS WALKING

MENS WALKING

Lace Walker X821M



Color: White
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Athletic Lace Walker V854M



Color: White/Blue
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

MENS WALKING

MENS WALKING

Double Strap Walker V952M



Color: White
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Triple Strap Walker X903M



Color: Black
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

MENS WALKING

MEN'S FOOTWEAR

MENS WALKING

Athletic Strap Walker X920M



Color: Black
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Active Strap Walker G8210M



Color: White
 Sizes: 6.5-13,14,15
 Widths: M, W, XW, XXW
 Depth: 1/2"

Performance Athletic P9100M



NEW!



Color: Grey
 Sizes: 6.5-13, 14
 Widths: M, X, XW
 Depth: 5/16"

Addiction Walker 2 110318-072



Color: Black
 Sizes: 7-13,14,15
 Widths: B, D, 2E, 4E
 Depth: 12mm

Active Strap Walker G8010M



Color: Black
 Sizes: 6.5-13,14,15
 Widths: M, W, XW, XXW
 Depth: 1/2"

Apex Balance Shoe (ABS) A3200M



Color: Black
 Depth: 5/16"
 Sizes:
 Women's: 5-11, 12

Men's: 7-13, 14, 15
 Widths: M, W, XW

MENS WALKING

MENS WALKING

MENS WALKING

MENS WALKING

MENS STRETCH

Performance Athletic Sneaker P7100M



Color: Brown
Sizes: 7-13, 14
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

Performance Athletic Sneaker P7200M

NEW!



Color: White
Sizes: 7-13, 14
Widths: M, X, XW
Depth: 5/16"

MENS SPORT

Performance Athletic Sneaker P9000M

NEW!



Color: Black
Sizes: 6.5-13, 14
Widths: M, X, XW
Depth: 5/16"

MENS SPORT

Performance Athletic Sneaker P7000M



Color: Black
Sizes: 7-13, 14
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

Performance Athletic Sneaker P7300M

NEW!



Color: Blue
Sizes: 7-13, 14
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

Stealth Runner V551M



Color: Blue
Sizes: 6.5-13, 14, 15
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

MEN'S FOOTWEAR

Boss Runner X521M



Color: Blue
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Rhino Runner X532M*



Color: Blue
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

* Patented Lockdown™
 Heel Strap Design



Boss Runner X520M



Color: Black
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

* Patented Lockdown™
 Heel Strap Design



Athletic Bungee A5000M



Color: Black
 Sizes: 7-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Apex Copper Cloud Socks

The most feature-rich socks available made with antibacterial copper infused yarn to help your patients keep their feet cool, dry, comfortable and healthy. See the full selection on safestep.net



Bolt Athletic Knit A7000M



Color: Black
 Sizes: 7-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

MENS SPORT

MENS SPORT

MENS SPORT

MENS SPORT

MENS SPORT

Sierra Trail Runner V753M



Color: Grey/Blue
Sizes: 6.5-13,14,15
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

Sierra Trail Runner V751M



Color: Brown
Sizes: 6.5-13,14,15
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

NEW!

Athletic Bungee Strap A6000M



Color: Black
Sizes: 7-13,14,15
Widths: M, W, XW
Depth: 5/16"

MENS SPORT

Boss Runner X523M



Color: Silver/Blue
Sizes: 6.5-13, 14
Widths: M, X, XW
Depth: 5/16"

MENS SPORT

Closed Toe Sandal P2160M

NEW!



Color: Black
Sizes: 7-13, 14, 15
Widths: M, X, XW
Depth: 5/16"

MENS SPORT

Closed Toe Sandal P2154M

NEW!



Color: Sage/Burnt Orange
Sizes: 7-13, 14, 15
Widths: M, X, XW
Depth: 5/16"

MENS SPORT

MEN'S FOOTWEAR

Sprint Tie-less 672



OrthoFeet



Color: Grey
 Sizes: 7-12,13,14
 Widths: M, W, XW
 Depth: 3/8"

MENS SPORT

Fresh Foam M860G14

NEW!



Color: Grey Matter/Black/Ginger Lemon
 Sizes: 9 - 13
 Widths: 2E, 4E
 Depth: 3/16"

MENS SPORT

Fresh Foam M860K14

NEW!



Color: Black/Phantom/Sea Salt
 Sizes: 9 - 13
 Widths: 2E, 4E
 Depth: 3/16"

MENS SPORT

Apex Boat Shoe LT820M



Color: Light Brown
 Sizes: 7-13,14
 Widths: M, W, XW
 Depth: 3/8"

MENS CASUAL

Balance Shoe-Hiker A3260M



Color: Brown
 Sizes: 7-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

* Patented Lockdown™
 Heel Strap Design



MENS CASUAL

Apex Boat Shoe LT810M



Color: Dark Brown
 Sizes: 7-13,14
 Widths: M, W, XW
 Depth: 3/8"

MENS CASUAL



Ariya Moc Toe Y900M



Color: Black
Sizes: 6.5-13,14,15
Widths: M, W, XW
Depth: 5/16"

MENS CASUAL

Biomechanical Classic Moc B5000M



Color: Black
Sizes: 6.5-13,14,15,16
Widths: W, XW, XXW
Depth: 1/2"

Fully functional vamp opening for easy foot insertion.



MENS CASUAL

Leo 429



Color: Black
Sizes: 7-12, 13, 14
Widths: M, W, XW
Depth: 7/16"

MENS CASUAL

Leo 428



Color: Brown
Sizes: 7-12, 13, 14
Widths: M, W, XW
Depth: 7/16"

MENS CASUAL

Highline 484



Color: Dark Brown
Sizes: 7-12, 13, 14
Widths: M, W, XW
Depth: 7/16"

MENS CASUAL

Avery Island 410



Color: Black
Sizes: 7-12,13,14
Widths: N, M, W, XW, XXW
Depth: 3/8"

MENS CASUAL

MEN'S FOOTWEAR

Tabor 20211



Color: Charcoal
 Sizes: 7 - 11.5, 12, 13, 14
 Widths: M, W, XW
 Depth: 7/16"

Tabor 20215



Color: Blue
 Sizes: 7 - 11.5, 12, 13, 14
 Widths: M, W, XW
 Depth: 7/16"

Moc Toe Loafer X2250M

NEW!



Color: Gray
 Sizes: 7-13,14
 Widths: M, W, XW
 Depth: 5/16"

Moc Toe Loafer X2220M

NEW!



Color: Tan
 Sizes: 7-13,14
 Widths: M, W, XW
 Depth: 5/16"

Ariya Moc Toe Y910M



Color: Brown
 Sizes: 6.5-13,14,15
 Widths: M, W, XW
 Depth: 5/16"

Addiction Walker 2 110318-142



Color: White
 Sizes: 7-13,14,15
 Widths: B, D, 2E, 4E
 Depth: 12mm

MENS CASUAL

MENS CASUAL

MENS CASUAL

MENS DRESS

MENS DRESS

MENS DRESS



Oxford Lace 1270M



Color: Black
Sizes: 6.5-13,14,15,16
Widths: M, W, XW
Depth: 1/2"

Classic Oxford B3000M



Color: Black
Sizes: 6.5-13,14,15, 16
Widths: M, W, XW
Depth: 1/2"

Lexington Moc Toe Oxford LT900M



Color: Black
Sizes: 7-13,14
Widths: M, W, XW
Depth: 1/4"

Lexington Cap Toe LT610M



Color: Brown
Sizes: 7-13,14
Widths: M, W, XW
Depth: 1/4"

Lincoln Center 585



Color: Black
Sizes: 7-12,13,14
Widths: M, W, XW
Depth: 3/8"

Hook & Loop Leather MW928BK3



Color: Black
Sizes: 7-13, 14, 15, 16
Widths: B, D, 2E, 4E, 6E
Depth: 3/16"

MENS DRESS

MENS DRESS

MENS DRESS

MENS DRESS

MENS DRESS

MENS DRESS

MEN'S FOOTWEAR



Conform Double Strap 1260M



Color: Black
Sizes: 6.5-13,14,15,16
Widths: M, W, XW, XXW
Depth: 1/2"

Lexington Cap Toe LT600M



Color: Black
Sizes: 7-13,14
Widths: M, W, XW
Depth: 1/4"

Lexington Strap Loafer LT200M



Color: Black
Sizes: 7-13,14
Widths: M, W, XW
Depth: 5/16"

*Fully functional
vamp opening for
easy foot insertion.*



MENS DRESS

MENS DRESS

MENS DRESS



Triple Strap Boot B4200M



Color: Black
Sizes: 6.5-13,14,15,16
Widths: M, W, XW
Depth: 1/2"

MENS BOOT

Calgary S225-1



Color: Black
Sizes: 7-13,14,15
Widths: M, W, XW
Depth: 1/2"

MENS BOOT

Ariya Hiking Boot A4100M



Color: Brown
Sizes: 7-13,14,15
Widths: M, W, XW
Depth: 5/16"

MENS BOOT

Logan LT460M



Color: Brown
Sizes: 7-13,14
Widths: M, W, XW
Depth: 1/4"

MENS BOOT

Ariya Hiking Boot A4000M



Color: Black
Sizes: 7-13,14,15
Widths: M, W, XW
Depth: 5/16"

MENS BOOT

Highline 481



Color: Black
Sizes: 7-12,13,14
Widths: M, W, XW
Depth: 3/8"

MENS BOOT

MEN'S FOOTWEAR

Hudson LT410M



Color: Brown
Sizes: 7-13, 14
Widths: M, W, XW
Depth: 1/4"

Ridgewood 492



Color: Brown
Sizes: 7-12, 13, 14
Widths: M, X, XW
Depth: TBD

Ridgewood 491



Color: Black
Sizes: 7-12, 13, 14
Widths: M, W, XW
Depth: 7/16"

Lace Boot B4500M



Color: Black
Sizes: 6.5-13, 14, 15, 16
Widths: M, W, XW
Depth: 1/2"



MENS BOOT

MENS BOOT

MENS BOOT

MENS BOOT

WHY FOOTWEAR MATTERS

Diabetic shoes are specifically designed for foot protection, pressure relief and support. These shoes feature extra depth to accommodate prescribed inserts to ensure that your feet are protected and comfortable throughout the day.

THE COST OF YOUR SHOES MAY BE COVERED BY MEDICARE

The 1993 Therapeutic Shoe Bill covers a pair of shoes and inserts every calendar year. Protective footwear can reduce complications of the foot and the number of diabetic amputations.

Coverage is limited to shoes and inserts meeting certain requirements for patients with specific clinical conditions.

Ask your healthcare professional for more information

DIABETES AND YOUR FEET

Diabetes can develop from a lack of insulin production or the inability of insulin to perform its normal everyday functions. People with diabetes can develop foot problems which can lead to very serious complications.

NEUROPATHY

60 - 70% of the over 29 million Americans suffering from diabetes are estimated to have nerve damage. People suffering from neuropathy may not feel minor cuts, scrapes, blisters, or pressure sores. If these minor injuries are left untreated, infection may result and lead to ulceration and possibly even amputation.

POOR CIRCULATION

Diabetes often leads to peripheral vascular disease. Poor circulation reduces the amount of oxygen and nutrients supplied to the skin and other tissue, inhibiting the healing of injuries. Poor circulation can also lead to dryness of the skin. Preventing foot complications is more critical for the patient with diabetes, since poor circulation impairs the healing process and can lead to ulcers, infection and other serious foot conditions.



MONITOR YOUR FOOT HEALTH
Start today with a podiatric foot exam

THE IMPORTANCE OF A FOOT EXAMINATION

A Comprehensive Diabetic Foot Exam (CDFE) is performed by a podiatrist to determine your risk of developing serious wounds that could lead to infection and amputation.

Your podiatrist will check your sensory perception (feeling), circulation, and your orthopedic foot structure. The findings of your CDFE will determine your eligibility to receive Medicare coverage for diabetic footwear and inserts through Medicare's Therapeutic Shoe Program.

If the CDFE determines that your feet are at increased risk of ulceration, your podiatrist may prescribe shoes that are covered by a special Medicare program.

YOUR DAILY CARE

Daily observation of the feet is critical. By taking the necessary preventative footcare measures, you can help reduce the risks of serious foot conditions.

FOOT HEALTH CARE TIPS

- Inspect your feet daily for blisters, cuts and scratches. Always check for cracks in the skin between your toes.
- Wear shoes that are designed to protect your feet from injury.
- Wash your feet daily and dry carefully.
- Avoid extreme temperatures. Test water with your hands or elbow before bathing.
- If your feet feel cold at night, wear socks.
- Inspect the insides of your shoes for foreign objects and rough areas.
- Shoes should be fitted by a footcare specialist and be comfortable at the time of purchase.
- See your podiatrist regularly



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