

Mayo Clinic Medical Edge
Footwear and Diabetes

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	YOU WOULDN'T PUT SNOW TIRES ON A CAR IN FLORIDA OR TRUCK TIRES ON A COMPACT CAR. THAT'S BECAUSE THE RIGHT FIT AND FUNCTION AFFECTS PERFORMANCE AND SAFETY. WELL THE SAME IS TRUE FOR YOUR FOOTWEAR, ESPECIALLY IF YOU'RE DIABETIC. WITH ILL- FITTING SHOES...
Karen Andrews, M.D. Track 3 (1:25)	"YOU MAY DEVELOP A WOUND, GET INFECTION WHICH CAN LEAD TO GANGRENE AND AMPUTATION."
	WHAT SHOULD YOU LOOK FOR? MAYO CLINIC DR. KAREN

	<p>ANDREWS SUGGESTS A STURDY SHOE WITH GOOD SHOCK ABSORPTION. MAKE SURE THEY ARE SIZED RIGHT AND, IF POSSIBLE, HAVE A REMOVABLE INSOLE SO THAT A CUSTOM INSOLE CAN BE INSERTED IF NEEDED.</p>
<p>Dr. Andrews Track 3 (2:05)</p>	<p>“WE ASK PATIENTS TO WEAN INTO THEIR FOOTWEAR OVER A WEEK SO THE SHOE BREAKS IN RATHER THAN THE FOOT.”</p>
	<p>SO DON'T WAIT FOR ONE PAIR OF SHOES TO WEAR OUT BEFORE BUYING ANOTHER. HAVE THAT NEW PAIR BROKEN IN AND READY FOR USE WHEN YOU NEED IT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

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