Walgreens now offers a wide selection of comfortable diabetic shoes that can help prevent serious foot complications.

Call 1-855-SHOE-FIT (746-3348) to schedule a Diabetic Foot Assessment (DFA) at a Walgreens near you.
Why are people with diabetes at greater risk for foot complications?

Even ordinary foot problems can get worse and lead to serious complications. That is why the American Diabetes Association recommends that you examine your feet every day for signs of irritation and damage. Foot problems most often happen when there is nerve damage, also called neuropathy, which results in loss of feeling in your feet. This loss of “the gift of pain” makes it more likely that you will develop a non-healing wound (an ulcer). By the time you can actually “see” the wound, it is often too late, and can result in amputation.

Are all people with diabetes at risk for foot ulcers?

Current U.S. statistics indicate that up to 25% of all people with diabetes will suffer some kind of foot problem, leading to an ulceration and possible amputation during their lifetime. Besides nerve damage, poor circulation, dry skin, change in foot or toe shape, trouble fighting infections can also make the smallest of foot problems a big issue for people with diabetes.

Why is dry skin dangerous?

Diabetes can cause changes in the skin on your foot. At times your foot may become very dry. The problem is that the nerves controlling the oil and moisture secretions in your foot are no longer functioning properly. Dry skin develops and is susceptible to cracking and once a break in the skin develops, it often leads to inflammation, infection and ultimately to foot ulcers. A moisturizer applied daily after bathing can help prevent dry skin.
Am I at risk for developing a diabetic foot ulcer?

Answer these questions to see if you may be at risk for developing diabetic foot complications that may lead to amputation.

**History of foot problems**

- Have you ever had a sore or cut on your foot or leg that took more than two weeks to heal? [Yes] [No]
- Have you ever had a foot ulcer? [Yes] [No]
- Do you experience any pain in your legs or feet while at rest? [Yes] [No]

**Current foot or leg problems**

- Do you have any numbness, tingling, pins and needles, or itching sensations in your feet? [Yes] [No]
- Do you have any tightness, heaviness, pain, or cramps in your feet or legs? [Yes] [No]

**Foot care**

- Can you reach and see the bottoms of your feet? [Yes] [No]
- Do you examine your feet? (If yes, how often?)
  - [ ] Every day
  - [ ] 2-6 times a week
  - [ ] Once a week or less
  - [ ] When I have a problem
- Is the skin on your feet dry? [Yes] [No]
- Are you currently wearing shoes provided through Medicare’s Therapeutic Shoe Program or a comparable insurance program?
  - [ ] Yes
  - [ ] No

**Risk Key**

[ ] = High Risk  [ ] = Low Risk

If ANY of your checkmarks were in the High Risk Red Circles, you should make an appointment for a Diabetic Foot Assessment (DFA) at a Walgreens near you.

The DFA will only take 10 to 15 minutes. Please bring this questionnaire with you to your assessment.

Please Call 1-855-SHOE-FIT (746-3348)
Why, when walking for exercise, is my shoe fit so important?

Shoe size matters to everyone, but is even more of a concern when you suffer from diabetes. Incorrectly-sized shoes are a major cause of foot ulcers. Wearing shoes that do not fit causes almost 50% of all diabetic foot ulcers.

The loss of feeling (neuropathy) you may have experienced due to the nerve damage associated with your diabetes can affect the way you think your shoes fit. Since you can’t “feel” a proper fit, a trained shoe fitter (such as those at Walgreens), will measure your feet to determine your appropriate shoe size (including length and width).

How do I prevent a diabetic foot ulcer?

Most foot ulcers and amputations are preventable with regular care and proper footwear. Ask our Therapeutic Shoe Fitters about diabetic shoes. These shoes, which may be covered by Medicare’s Therapeutic Shoe Program, can help reduce your potential for foot-related complications.

You should always try to examine your feet every day for any signs of inflammation, infection, cuts or bruises. If your skin appears dry or cracked, applying skin moisturizer can help. Research suggests that 85% of diabetes-related amputations are preceded by foot ulcers that can be prevented with proper foot care.

Why should I take the FREE DFA at Walgreens?

An annual DFA, as recommended by the American Diabetes Association, can help highlight your potential for foot complications, which could be prevented by wearing diabetic shoes as part of a preventative care program. Performed by our trained Therapeutic Shoe Fitters, the DFA takes about 10-15 minutes.

This exam can help determine your need for diabetic shoes and insoles and your eligibly for coverage under Medicare’s Therapeutic Shoe Program.
Make an appointment for a Diabetic Foot Assessment (DFA) today.

How can I monitor my feet at home?

Monitoring your feet for signs of inflammation or infection on a daily basis is challenging but is necessary to identify those areas where you may develop a diabetic foot ulcer.

TempStat makes it easy to examine your feet and can help you detect signs of inflammation. This device identifies "hot spots"—areas of increased temperature where inflammation and possible infection may be present.

Ask the Therapeutic Shoe Fitter about TempStat®—available for purchase at Walgreens when prescribed by your physician for your use at home.

Look for differences.

Now, with TempStat® you can observe what you can’t feel and monitor what you can’t see.

Average prints

“Hot spot” on the left foot
What is the Medicare Therapeutic Shoe Program?

Medicare has established a program to help people with diabetes who are at risk of developing foot ulcerations. For those who qualify, Medicare will pay 80% of the allowed amount for one pair of diabetic (therapeutic) shoes and up to three pairs of inserts per year. Most secondary insurers will help with the remaining 20%.

How do I know if I qualify for shoes under the Medicare Therapeutic Shoe Program?

Not all patients with diabetes will qualify for therapeutic footwear and inserts. To qualify you must be under a comprehensive diabetes treatment plan managed by your physician and have one or more of the following:

- Poor circulation
- Peripheral neuropathy with evidence of callus formation
- Foot deformity
- Previous foot ulceration
- History of pre-ulcerative callus
- Partial or complete amputation of the foot