

## Proper fitting shoes

Shoes should be comfortable and fit well when you buy them. Never buy shoes that are tight, hoping they will stretch as you wear them. Because of nerve damage, people with diabetes may not feel a shoe rubbing against the skin of their foot. Blisters and sores may then develop. This can be worse if toenails are long, thick, or jagged. In people with diabetes, feet may not heal well if they get injured because of poor blood flow. This can lead to a serious infection.

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