

diabetes footcare

PATIENT INFORMATION &
PRODUCT RANGES

SUITABLE FOR LOW AND
MODERATE FOOT RISK GROUP

the diabetes package deal

**20% SAVING
OFF REGULAR
PRICES**

These packages are designed to offer all the products you need to take key steps towards the prevention of foot ulcers and other damage that can be caused to your feet without the proper care. Each pack represents a saving of 20% off individual product prices.

INDOOR SHOE PACK

- Pulman Classic 2 shoe
- Solesee™ mirror
- Sockwell diabetic friendly socks x 2
- Dr. Aktive Comfort Insole



OUTSIDE SHOE PACK

- Pico / Anadia shoes
- Solesee™ mirror
- Sockwell diabetic friendly socks x 2
- Footcare diabetic insole included



Solesee™ mirror

Sockwell Diabetic Socks



Dr Aktive Comfort Insoles

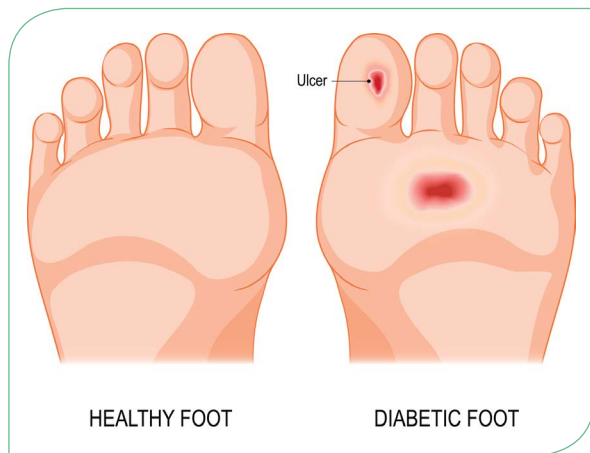
OTHER DIABETES PACKAGES ARE AVAILABLE.
SEE THE WEBSITE FOR MORE DETAILS

Please visit the 'Diabetes' section under 'Treatment Area' on our website for further details of these great 'package deals'. Patients may also buy these products VAT free on completion of a self-declaration form at check-out.



Visit www.kinetecuk.com to view our full range

about diabetes footcare



- **26,378** lower limb amputations in the UK related to diabetes in England from 2014 to 2017
- **135** diabetes related amputations per week in 2015
- **20 times** more likely to experience amputation if you have diabetes
- **80%** of amputations are preceded by a foot ulcer

Figures published by Diabetes UK

Not all people with diabetes (type 1 or type 2) will develop a foot problem, but certain factors can increase your risk. These include:

Peripheral neuropathy

Chronic hyperglycemia (high blood sugars) and polyneuropathy (nerve damage) causes damage to the sensory, motor and autonomic nerves. This impairs your ability to feel and move your feet. You lose the protective sensations to trauma.

Damage to your nerve might be shown by:

- Tingling sensation or pins and needles
- Pain (burning)
- Less sweaty feet
- Changes in the colour of your feet
- Changes in the shape of your feet
- Blister and cuts that can be seen but don't feel
- Loss of feeling in your feet or legs.

Peripheral vascular disease

This is damage to the blood vessels in the legs and the feet. Some of the blood vessels narrow which reduces the efficiencies of your vascular system and inhibits the healing process.

Damage to your blood supply might be shown by:

- Cramp in your calves (at rest or when walking)
- Shiny smooth skin
- Loss of hair on your legs and feet
- Cold, pale feet
- Changes in the skin colour on your feet
- Wounds or sores that do not heal
- Pain in your foot or feet
- Swollen feet

High pressure points on the foot

Usually associated with heavy callous or corns, these increase the risk of ulceration.

High pressure points might be caused by:

- Clawing of the toes
- Overlapping of toes
- Uneven weight bearing on the feet

Trauma to the foot

A lot of foot problems are a result of trauma to the foot. This might be a knock to the foot (you might not feel it), thermal trauma (caused by hot water or hot liquid), or from walking bare foot or wearing ill-fitting footwear.

Please refer to the '10 Steps to Good Foot Health' on the following page and see the product ranges available for purchase through Kinetec UK which are designed for people with diabetes, with low and moderate foot health risk.

10 steps to good foot health

Lack of sensation (neuropathy) can often lead to foot health problems. Regular checks and good daily practice can significantly reduce your risk of ulceration.

Should you notice a problem or are concerned about your feet please seek medical advice as soon as possible. Either contact your GP, podiatrist or, in emergencies, call 111 for advice.



- 1 Annual foot review attendance (for 12 year old +)** At your annual appointment your bare feet will be examined by an appropriately trained professional.
- 2 Risk awareness.** You should be informed of your risk of developing a foot problem at the end of your annual review and given advice on how to keep your feet as healthy as possible.
- 3 Are your feet at increased or high risk?** Make sure you have been referred to a specialist for expert advice. An orthotist can offer advice on footwear and insoles to help protect your feet.
- 4 Daily feet inspection.** Check for any signs of redness, damage to the skin, swelling or build-up of hard skin. Also look for any changes in the shape of your feet. The Solesee mirror can make this daily inspection much easier for you if you have mobility or eyesight difficulties.
- 5 Protect feet indoors and out and be aware of loss of sensation in the feet.** Avoid walking barefoot as injury could occur without you feeling it. Wear a good supportive pair of slippers for indoor use, such as the Pulman house shoe. Flip flop styles and Croc styles are not supportive or safe and should be avoided.
- 6 Sensation testing.** Ask a friend or family member to touch your big toe, middle toe and little toe while your eyes are closed to see what sensation remains in your feet – if you struggle to feel this pressure it is more important to protect your feet in well-fitting footwear as it is a sign that you are at greater risk of foot complications.
- 7 Regular toenail care and trimming.** Don't cut down the side of any of your toenails as this could lead to an ingrown nail. Use a file to smooth any sharp areas. If you have any difficulty with your footcare ask to be put in touch with your local podiatrist (chiropodist). Note you may have to pay for a nail cutting service.
- 8 Avoid damage to the skin on your feet** by not using blades or corn plasters which may cause damage you don't feel. Protect your feet by using good quality diabetic specialist socks like those produced by Sockwell.
- 9 Footwear is vital in protecting your feet.** Ensure your shoes have ample length, width and depth to accommodate your feet. Check the condition of your footwear before you put it on. No rough edge or foreign objects inside. The soles are in good condition and are not excessively worn or have foreign objects embedded.
- 10 Maintain an optimal HbA1c level.** Good glucose control can reduce the risk of getting complications associated with diabetes.

diabetes footcare products

(available for individual purchase)



SOLESEE™

- Easy solution for checking the soles of your feet
- Easy to use independently
- Large shatterproof mirror
- Set at the perfect angle to see the whole of the bottom of your foot
- Portable and lightweight

10% DISCOUNT

Use discount code
'DiabeticFeet' for
10% discounts off any
of the ranges below

DIABETIC FRIENDLY SOCKS

- Highest quality, cashmerino wool/bamboo blend
- Relaxed fit, non-marking
- Seamless toe closure
- Cushioning sole
- Contains Spandex to give a perfect, conforming fit around the leg



PULMAN (INDOOR/ HOUSE SHOE RANGE)

- Allows air to circulate and to adapt to the temperature of the foot
- Provides, hygienic, long-lasting protection, helping to reduce odours.
- The soles are designed with rounded edges to help avoid tripping and falls
- Laurel sandal has a fixed back and two adjustable straps
(See unique sizing information on the measurement chart page.)



DIAB CARE SHOES

- The shoes are secured using the simple, innovative BOA® fastening system. This system ensures that the pressure distribution across the instep is improved versus traditional laces and will stay at a consistent pressure.
- The innovative sole has been specially designed to reduce the pressure peaks on the sole of the foot.



LIGHTWEIGHT DIABETIC SHOES

- Lightweight shoes are designed to look modern and attractive
- 'Smart fabric' incorporating padded, waterproof fabric with integrated silver thread to inhibit bacterial growth.
- Seam free design to uppers- giving good foot protection

Visit www.kinetecuk.com to view our full range

measurement chart

To pick the shoe size that will best fit you, please use the chart below to select the correct size compared to your normal shoe size.

Your normal UK shoe size	Your normal EU shoe size	Choose Pulman shoe size	Choose Laurel Sandal size	Choose Footcare Shoe size
2.5	35	37	35	35
3	36	38	36	36
3.5	36.5	38	37	37
4	37	39	37	37
4.5	37.5	39	38	38
5	38	40	38	38
5.5	39	41	39	39
6	39.5	41	40	40
6.5	40	42	40	40
7	41	43	41	41
7.5	41.5	43	42	42
8	42	44	42	42
8.5	43	45	43	43
9	43.5	45	44	44
9.5	44	46	44	44
10	44.5	46	45	45
10.5	45	47	45	45
11	46	48	46	Not available
11.5	46.5	48	47	Not available
12	47	Not available	47	Not available
12.5	48	Not available	48	Not available

Please note: Pulman Shoes and Laurel Sandals come in both standard width and wide options.
Standard width = square toe shape
Wide option = round toe shape and 25% more volume in the footwear

Dr Active® is a Medfac brand.

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