

Remember to ask about these other items!

Compression Hosiery – Special hosiery that uses compression to help promote circulation and reduce fluid buildup. We can order both standard compression hose and custom hose taken from individual measurements.

Get-A-Grip™ - The embedded metal cleats on these handy little rubber devices provide traction on slippery winter days. The unique design clips onto any shoe.

Diabetic Socks – Our diabetic socks have been carefully chosen to provide maximum comfort. They have minimal seams and provide increased comfort.

Elastic Shoe Laces

Silicone Gel Pads

Shoe Horns

Arch Supports

Night Splints

Diabetic orthotics are insoles made to fit into shoes to aide in both fit and function. They provide support to the foot as well as shock absorption, protection and comfort. Made out of different types and thicknesses of foam, depending upon patient needs, they can correct or accommodate problems associated with the foot.



Words of Warning:

- 1) Extra depth shoes and orthotics are not “cure-alls”. Please consult your pedorthist to discuss expectations.
- 2) These items are considered durable medical equipment and should not be dispensed unless done so by someone who holds certification in orthotics, prosthetics or pedorthics.

Medicare and the Therapeutic Shoe Bill

In 1993, Congress passed the Therapeutic Shoe Bill which extended coverage, through Medicare, to *extra depth shoes, shoe modifications and diabetic foot orthotics* for people with diabetes who are at risk for problems with their feet. These measures are often preventative, but are also used for accommodating deformities, improving overall stability, supporting/correcting foot alignment and maintaining a healthy gait cycle.

In order for a person to qualify for this program they must have diabetes and symptoms of an “at risk” foot.

There are two forms which must be completed and signed. Once completed, an appointment can be scheduled at Midwest Orthotic and Technology Center for an evaluation.

Midwest Orthotic and Technology Center
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South Bend, IN 46635
1 (574) 233-3352 or Toll Free 1-866-316-1514
Website: www.midwestorthotics.com
E-mail: pedorthics@surestep.net

We have everything needed to start a patient on this program and look forward to hearing from you!



Diabetes and Pedorthics:

Answers To The Questions You May Be Asking Yourself

Diabetes

Diabetes Mellitus is a disorder of the body's metabolism in which it loses the ability to properly process glucose (sugar). Insulin is the hormone that attaches itself to the glucose in the body and helps to break it down.

In Type I diabetes the body's immune system turns on itself and actually attacks the pancreatic beta cells which create the body's insulin. Without insulin, the body produces too much glucose (hyperglycemia). Type I requires that the patient take insulin shots to make up for the lost hormones.

Type II diabetes makes up the majority of the diabetic population. It usually starts as insulin resistance. The body fails to use insulin properly and starts to need more. The pancreas eventually loses its ability to produce the hormone and the body becomes hyperglycemic. In many cases, Type II diabetes can be controlled with diet, exercise and carefully watching one's sugar levels.

Women who are pregnant may also develop what is called *gestational diabetes*. This is an insulin resistant phase which may be present during the pregnancy and can be treated. Some pregnant women with gestational diabetes develop Type II as well. Women who have had gestational diabetes are at risk of developing Type II within the first 10 years after pregnancy.

The term "borderline diabetic" is often misunderstood. Borderline is merely a term used in place of "impaired glucose tolerance" and/or "glucose intolerant". Both are conditions which suggest someone is at high risk of developing diabetes.

Some Common Foot Problems Associated with the Diabetes

Edema

Often referred to as swelling, edema is a buildup of excess fluid under the skin. An effective treatment for edema is the use of *compression hosiery* which compress the legs to reduce fluid retention and maintain proper circulation.

Peripheral Neuropathy

Peripheral neuropathy is a dysfunction of the nerves that innervate the legs, feet, hands and arms and may cause sensations of burning, tingling or numbness. While this condition affects people in different ways, properly fitted *diabetic extra depth shoes* and *diabetic orthotics* can aid in the comfort and stability of a person with peripheral neuropathy. Consult your physician for further discussion on causes/treatments.

Ulcers

Ulcers of the feet are "wounds" of dead or infected tissue. Many times ulcers are caused by injuries, blisters, or pressure areas. Diabetic ulcers may heal more slowly as there are often decreased circulation and sugar levels which prevent healing. For this reason, preventative care is available with *diabetic extra depth shoes* and *diabetic orthotics*. These devices can also aid in healing existing ulcers by redistributing weight to offload the affected area. Contact your physician immediately if you think that you may be developing a foot ulcer.

Pedorthics is the design, fabrication, modification and fit of footwear and/or orthotic devices to alleviate foot problems caused by disease, overuse, or injury.

What are *diabetic extra depth shoes* and *diabetic orthotics*?

How are they different from other shoes?

Diabetic extra depth shoes meet or exceed Medicare's standards to be suitable for the fit and protection of the diabetic foot. They are required to have a closure system of either straps or laces* and have sufficient depth to accommodate the addition of *diabetic orthotics*. The *diabetic extra depth shoes* found at Midwest Orthotic and Technology Center have been carefully selected and provide maximum stability and comfort.



* Sandals and slip-on shoes do not meet the guidelines set forth by Medicare.

Will Medicare really reimburse me for my shoes and orthotics?

Midwest Orthotic and Technology Center will bill Medicare directly for these services. Since we are no longer able to accept assignment for *diabetic extra depth shoes and diabetic orthotics*, payment for these services is due at the time of delivery. Medicare will then send a reimbursement check directly to you. We can also assist you in filing the claim with your secondary or supplemental insurance.

Will Medicare's reimbursement cover all of the expenses incurred?

Medicare will reimburse a full 80% of their allowed amount. Supplemental insurance will often reimburse the remaining 20%. Unfortunately, there are times that Medicare's allowables are insufficient to fully cover all supplied services. The staff at Midwest Orthotic and Technology Center will assist you with understanding your specific services and claim.

Will Medicare reimburse me for shoes that I purchase elsewhere?

There are other facilities that can provide you with these shoes, but unless they are fit by a certified pedorthist, orthotist or prosthetist, you may not receive Medicare reimbursement.