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The Benefits of Diabetic Socks

Anyone with diabetes knows that it can lead to a gamut of other medical issues. Foot ailments are among the most common associated with diabetes. Because diabetes raises blood sugar levels, the risk of foot ulcers increases drastically as does poor circulation, loss of sensation and delayed wound healing. Providing your feet with the proper support and comfort can, and in most cases does, make all the difference for those suffering from diabetic foot problems. Wearing diabetic socks is the easiest and most convenient way to keep your feet healthy and safe.

Diabetic socks are specifically designed to control moisture and as such reduce the risk of infection and bacterial growth. Many socks are also made with anti-microbial materials for added protection. Diabetic socks, like the Physician's Choice brand, are also made with out seams so they prevent pressure and blistering caused from wrinkles. Proper prevention is key in maintaining healthy feet because diabetes can cause delayed healing and increased foot pain.

The elastic nature of a diabetic sock provides added support for the arch and foot while simultaneously adding compression

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to prevent swelling. Such support is crucial to maintain good posture and joint health. A good sock will fit snug without being restrictive or too tight. Socks that are too tight can restrict blood flow to the foot and cause further problems. For those with edema, an extra wide sock would better fit your needs. Check out Men's Diabetic Socks for an example.

Made of cotton blends, diabetic socks are softer and more skin friendly than regular socks and are hypoallergenic and breathable. They also tend to be thicker to provide added cushioning, and the toe space tends to be wider. Such factors are important as even the slightest aggravation or discomfort can turn into a serious issue for those suffering from diabetes. Millions of Americans suffer from diabetes every year, but combined with good exercise and foot care, Diabetic socks can make living with this disease easier and more comfortable for anyone.

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