

# Looking after your feet

**DEBRA member Alan, who has EB Simplex, gives his thoughts on footcare.**

Keeping blistering on your feet to a minimum can become an all important issue when you have EB Simplex. Working in the haulage industry I have found this particularly challenging – every day involves heavy work, unloading large palettes and moving them around. The pressure on soles, heels and toes is constant and unforgiving.

I used to have terrible trouble with my feet being rubbed by the legally required safety footwear until I discovered Dewalt safety boots, which I find light and comfortable.

I've found these work best used with Carnation Silversocks and Coolsorb insoles (both available through DEBRA at a discounted price).

The Silversocks contain a percentage of silver which is anti-bacterial, and they are designed to draw away moisture (minimising the effect of sweating, which exacerbates my blisters) and help maintain a constant temperature. Previously, I used Freshfeet socks from Marks and Spencer, but Silversocks contain a higher percentage of silver and I personally have found them much more effective, although I know different things suit different people.

The Coolsorb insoles have been specially developed for people living with EB. They contain a cushioning layer designed to reduce impact on the feet and joints by providing good shock absorption and support. The perforated top layer allows air to circulate and helps moisture evaporate – I find these insoles help me feel much more comfortable.

Combined with regular visits to a specialist EB podiatrist, who is always available to give me advice as well as helping me remove dry skin safely and dress wounds effectively, these products have helped dramatically reduced the blistering on my feet. I still get blisters and they are still painful, but they are not nearly as bad as they once were.

If blistering on your feet is a problem for you, I would strongly recommend consulting the specialist EB team in your area for advice and discussing the possibility of a referral to podiatric services. It's tempting to make light of the impact of EBS and say, 'I can manage', but blistered feet are painful and sometimes completely incapacitating. You'd be amazed what a difference the right foot care can make.



DEBRA is the national charity that supports individuals and families affected by Epidermolysis Bullosa (EB) – a painful genetic skin blistering condition.

For more information and support please visit  
[www.debra.org.uk](http://www.debra.org.uk) or call 01344 771961.

A charity registered in England and Wales (1084958) and Scotland (SC039654).

This article been written by a person living with EB who has found certain products or services useful. DEBRA does not endorse any products or services mentioned in this publication and cannot be held responsible for any consequences arising from the use thereof.