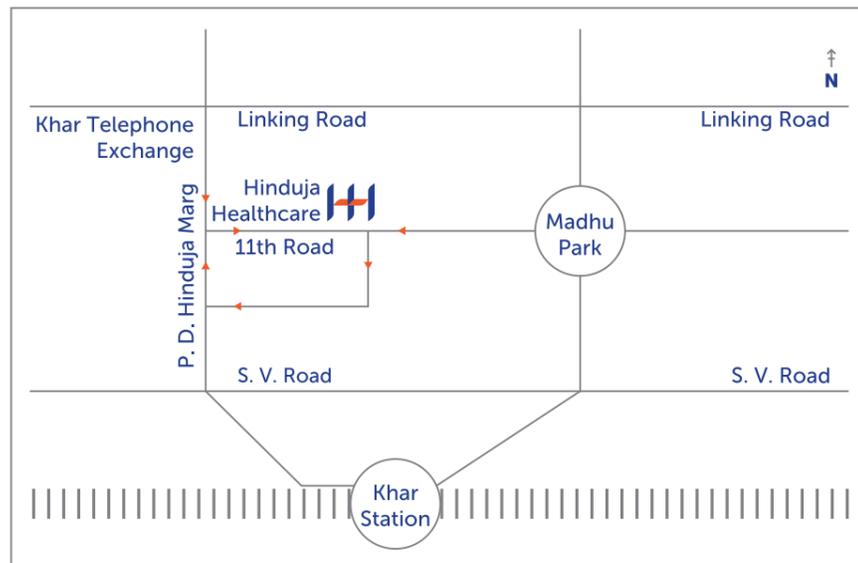


- Don't sit crossed legged
- Do not remove footwear while travelling
- Don't place bare feet on the floor of a vehicle
- Cut nails after a bath while they are still soft
- Keep nails square, so the edges don't turn inwards and damage the soft tissue
- Don't use blades, knives or commercial solutions like corn caps for calluses or corns
- Don't use hot fermentation, cold compresses or ointments without your doctor's permission
- Unilateral (one-sided) swelling of feet could mean serious damage and needs immediate medical attention
- Diabetics with deformations in the feet due to nerve affection must avoid prolonged walking, jogging, and certain exercise machines like cycling

Living a happier life in spite of Diabetes depends as much on medical attention, as on your personal self-care.

Hinduja Healthcare has a proficient team of medical experts, backed by the most advanced facilities and equipment to treat diabetes and support you through its management. Make an appointment with us today and beat diabetes the right way.



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DIABETES - FOOTCARE

PUT OUT YOUR BEST FOOT WHEN FIGHTING DIABETES



HINDUJA HEALTHCARE
Surgical

Diabetes and protecting your feet

What is Diabetes?

Diabetes mellitus is a metabolic disorder, due to the difference in the demand and supply of insulin. This hyperglycemia keeps the blood sugar high, and could cause severe complications like damage to the eyes, nerves, and kidneys.

In India, the number of Diabetics is increasing at an alarming rate, with the incidence of diabetes in urban areas (as per the DIABETES ASIA study) at 12-14%. In rural areas too, the incidence has gone up to 6%. In fact, a WHO estimate states that India will have the largest number of diabetic patients in the world by 2015 (approximately 6 crore), of which, almost 50% are likely to be between 35 and 45 years old.

1

SIGNS OF DIABETES

Someone with diabetes will experience:

- Constant hunger, thirst and tiredness
- Sudden weight loss
- Blurry vision
- Frequent urination
- Dry skin
- Wounds and ulcers that are slow to heal
- Tingling, numbness in the hands and feet
- Sexual problems
- Vaginal infections

2

COMPLICATIONS IN DIABETES

- Neuropathy
- Nephropathy
- Paralytic attack
- Sexual dysfunction
- Retinopathy
- Heart issues
- Diabetic foot (Gangrene)

3

WHO IS AT RISK?

One should begin testing for Pre-Diabetes and Diabetes at age 35, and get tested every 3 years if the results are normal. Besides Asians, who are a high risk ethnic population, people at a higher risk of Diabetes are those with:

- Immediate relatives or parents having diabetes
- A history of Cardiovascular diseases (CVD)
- Obesity
- Hypertension
- A low level of physical activity
- Advancing age
- HDL cholesterol level under 35mg/dl
- Triglyceride level over 250mg/dl
- A poor diet
- Impaired Glucose Tolerance(IGT) or Impaired Fasting Glucose (IFG) on previous testing

Women who have delivered a baby weighing over 4kg, and those with polycystic ovarian syndrome (PCOS) are at a higher risk too.

4

FOOTCARE AND DIABETES

Besides taking care of their diet and making sure they get at least 30 minutes of exercise, 5 times a week, Diabetics need to pay extra attention to their feet and eyes.

In diabetes, the nerves in the leg are usually affected more than those of any other part of the body, causing:

- Loss of the protective pain sensation, causing wounds to often go unnoticed
- Numbness

- A sharp, burning or tingling pain, called Parasthesiae
- Dry, itchy feet due to damage in the sweat and sebum glands (feet that sweat do not ulcerate)
- Fissures and wounds
- Weaker muscles, and changes in the foot shape over a period of time.
- Nerve and blood vessel damage, causing pain while walking, and delay in wounds

That's why extra attention must be given to the feet, as they are a vulnerable area for Diabetics. Typically, of the total number of Diabetics, 15% will get foot ulcers or deformities. If not attended to, these issues could lead to Gangrene and probably foot loss. To avoid this, every Diabetic must get a preventive diabetic foot screening at least once in a year or more. Along with this, extreme foot care must be taken:

- Examine your feet regularly
- Look out for cracks, blisters, scratches, cuts, redness or swelling
- Keep feet clean at all times
- Before washing your feet, check the temperature of the water
- Look between your toes, use a mirror to see under your feet too
- Dry your feet thoroughly, especially between the toes
- Apply lotion over dry and cracked areas, but not between toes
- Never walk barefoot as protective pain sensation in the feet is low
- Wear protective footwear, even at home
- Wear only clean, comfortable cotton socks
- Avoid socks with tight elastic
- Avoid walking with the weight bearing on the affected foot
- Check inside, and underneath shoes before wearing
- Wear only footwear prescribed, and advised by your doctor
- Avoid narrow, tight, open toe or heel shoes, or shoes with hard buckles and web straps
- Buy footwear in the evening so that you get the proper size
- Avoid vigorous massage