

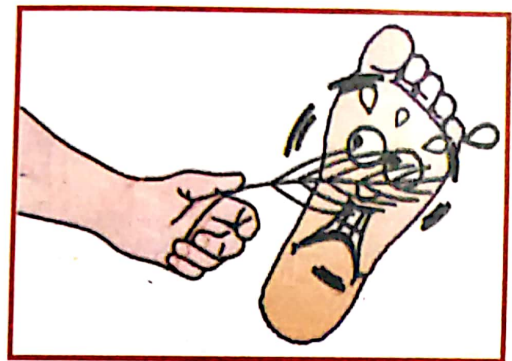
## INTRODUCTION

As a person at risk of foot problem with diabetes you need to take care of your feet like you take care of your face.

Once foot problems develop, their treatment can be difficult. This booklet answers basic questions about foot problems and offers information on day-to-day care to help prevent them. For more information, read the booklet and ask questions to your doctor and your podiatric practitioner (Foot care specialist).

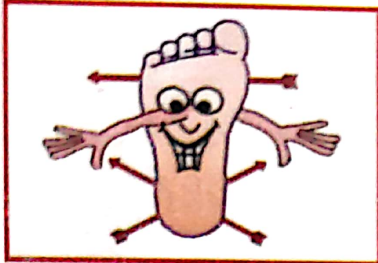
## NEUROPATHY LOSS OF FEELING

### What is Neuropathy ?



Neuropathy is the gradual loss of nerve function in the feet and legs due to diabetes, leprosy, pressure area on feet and others. The most common and significant change is loss of feeling, or touch sensation.

### How do I Know if I have Neuropathy ?



Neuropathy usually comes on slowly. You may not notice it at first because it is the absence or reduction of sensation. It is hard to be aware of something you cannot feel! A physical examination by your doctor or foot care specialist and sometimes special tests can help in making the diagnosis.

### If Neuropathy causes loss of feeling, why do my feet sometimes hurt or tingle?



Neuropathy can cause the nerves to 'charge' or transmit impulses that you can experience as numbness, tingling, shooting pain, burning sensation, pins and needles, electric shock sensation of any combinations or the above.

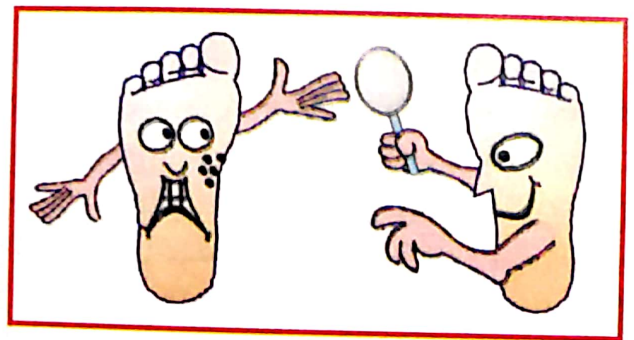
### **Do all diabetics get neuropathy?**

The likelihood of getting neuropathy increases with age. The longer you have diabetes, the increased chance you have of developing neuropathy. Many cases are mild, but some are severe. The severity of the neuropathy does not necessarily correspond to the severity of diabetes. Some people with mild diabetes can have severe neuropathy and vice versa.

### **What can happen to my feet if I have neuropathy, because of loss of sensation?**

You can injure your feet without

knowing it. For example, a person with neuropathy may let a cut or sore of the foot get out of hand simply because it does not feel painful, and not realise it is there.



### **In what ways can neuropathy hurt my feet?**

If you wear a pair of poorly fitting shoes, blisters or open sores (ulcers)

can form in less than an hour. At first they can cause small problems which can grow into serious ones.

**Does this mean I should see a doctor even if I have a small foot injury or a minor infection?**

Yes, all too often a patient notices an area of swelling or redness, but fails to seek attention because it does not hurt. This is due to neuropathy. The most dangerous fact about neuropathy is the 'absence of feeling' because this allows the injury to go unrecognised & a result of this, patient might lose the limb.

**CIRCULATION  
A KEY TO HEALING**

**How does diabetes affect circulation?**

Diabetes and high blood pressure could contribute to narrowing of arteries, and decreased circulation in the upper and lower parts of the leg. However, as discussed above, neuropathy, not circulation, is the main cause of most foot problems.

**Does poor circulation affect healing?**

Your skin and other tissues depend on good blood circulation for both oxygen

and nutrition. Poor circulation can result in skin breakdown and cause minor cuts, bruises, burns, and other injuries to heal poorly. Paying close attention to your feet, primarily by inspecting them twice a day, is the key to preventing serious problems.

### **INFECTIONS** **RED ALARM**



10

### **Why do infections cause foot problems?**

Infections may spread quickly in the foot, giving little warning. Minor injuries can often become sores, and then into an abscess (deep infection). Once an infection becomes deep-seated, or gets into the bone, you will usually need surgery in addition to antibiotics.

### **What should I watch out for?**

Several 'Warning signs' should lead you to suspect infection. Rise in temperature of foot, fever coupled with open sores and blisters' on your feet

11



may signal an infection. Other warning signs may include, blood sugar that is difficult to control in diabetes and which requires a higher insulin dosage. Again, inspect your feet regularly to prevent serious problems.

### **PREVENTION**

#### **A MIRROR OF YOUR SOLE**

##### **How do I prevent foot problems?**

Good care requires daily vigilance. Close visual inspection must substitute for the feeling you have lost in your feet. Look for reddened skin, sores, blister, inflamed nails, bony prominences and changes in the shape of your foot.

12

##### **How do I do' this when I find it hard to get in a position to see the bottom of my foot?**

You can place a mirror against a wall near a chair in the bedroom or bath room to inspect your feet. If you have poor vision, you may find a magnifying glass helpful. Most practically, have a family member inspect for you regularly.

##### **What daily care should I take?**



13

Use gentle soap. For wash, use luke warm water (NEVER HOT) because you cannot rely on your feet to warn you that the water is too hot. Test the water temperature with your elbow. Wash with a soft cloth and mild soap.

### **What else should I do ?**

Dry thoroughly but gently between the toes. Use a Moisturising lotion or coconut oil for dry skin but do not put it between the toes. Keep dry skin soft and clean.

### **How should I trim my nails?**

If you have good vision and can reach them easily, trim nails straight across

with a nail clipper. Do not round the corners.. However it is safest to file the nails down frequently with a simple nail file. If you have difficulty or are uncertain, you should have your nails trimmed professionally.

### **Are corns a problem?**



Yes, corns are hard alluses that form on the top of the foot especially the toes almost always due to the wrong foot wear. Corns indicate that your shoes are too tight and you need to be professionally fitted

**How should I treat calluses on the bottom of my feet?,**



16

Thickened skin or calluses occur in these areas due to pressure. They can cause problems if they become excessively thick and dry causing splits in the underlying skin that can lead to an infection.

**How should I trim calluses?**

Calluses can be reduced with gentle daily rubbing with a foot file do not try to do it your self. Contact your podiatrist.

**What kind of foot wear should I choose?**

Choosing good foot wear that allows plenty of room can help prevent foot

17





injuries. Shoes should have cushioned soles with uppers made of soft, breathable materials such as leather, not plastic. Professional shoes fitting is advised.

#### **What about sandals?**

Sandals can concentrate pressure

between or on the toes. The loose fit can also allow the foot to shift and slide leading to abrasions and ulcers.

#### **What kind of socks should I use?**

Cotton and woollen socks provide the best padding. Avoid synthetic materials holes, wrinkles and lumping stitching. Do not use socks or stockings with garters or elastic tops that can cut off your circulation.

#### **I should check my shoes every time I put them on?**

Yes, always look inside the shoes for foreign objects. Make sure the shoes are in good repair and free of loose

seams, loose heels and nails. Break in new shoes gradually. Wear them one or two hours at a time before you check your feet in the mirror for reddened areas.

### **What kind of shoes should I wear if I have neuropathy?**

The best shoes for neuropathy are in-depth shoes with custom moulded insoles with plastazote/evazote.

### **How long should I do foot care?**

You should take care of your feet for a lifetime.

## **WHAT YOU CAN DO?**

1. Check your feet for cuts and sores, red spots and swelling and infected toenails, find time to check your feet everyday,
2. If you can not bend over to see your feet take a mirror to help.
3. Wash your feet at least twice a day in warm water, do not soak your feet because your skin will get dry after some time.
4. Before bathing test the water with your elbows to make sure it is not too hot.
5. Dry your feet well, be sure to dry

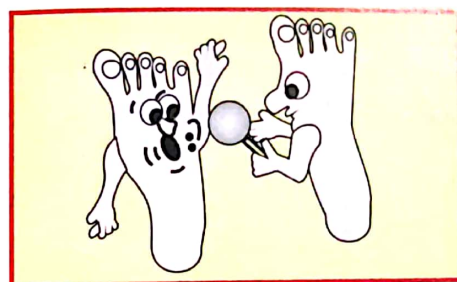
between your toes with a thin, clean white cloth. Use talcum powder to keep the skin between your toes dry.

6. Keep the skin soft and smooth by applying cold cream or a moisturizer.

7. Apply coconut oil to your feet and leg atleast twice a day this helps the skin to remain intact.

8. Do not put lotion or cream in between toes it might cause an infection forming a wet surface between the toes..

9. Do not walk bare foot even indoors because it is easy to step on something and hurt your feet.

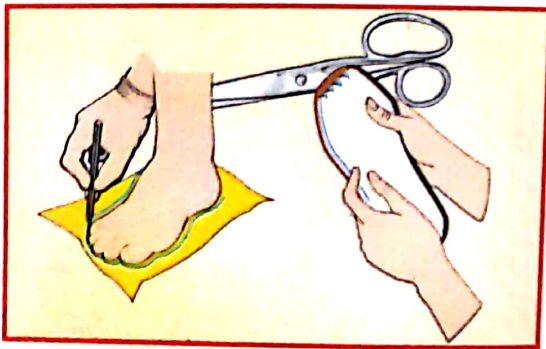


10. Always wear socks or stockings..

11. Choose socks made of cotton or wool because they keep the feet dry.

12. Check the insides of your shoes before you put them on to be sure that lining is smooth and there are no objects in them.

13. Wear footwear with eva or plastozote insoles.



14. Wear shoes that fit well and protect your feet.
15. Wear shoes to protect your feet from hot and cold surfaces.
16. Put sunscreen lotion on the feet to prevent sunburn in extreme of heat.
17. Keep the feet away from radiator and open fires.
18. Do not put hot water bottles or

heating pads on your feet.

19. Wear socks at night if your feet get cold lined boots are good in winter to keep your feet warm.

### **What else can I do?**

Keep the blood flowing to your feet. Put your feet up when you are sitting. Do not wear tight socks, elastic and rubber bands.

Stop smoking. It reduces blood flow to your feet.

If you have high blood pressure and high cholesterol, work out a diet plan with your doctor to lower the same.



### Be more active



Ask your educator to give an exercise plan.

Walking, dancing, cycling are good exercises for your foot.

Avoid activities that are hard on the feet, such as running and jumping.

Wear sports shoes that fit well and provide good support.

### Be sure to



- \* Check the sensation in your feet.
- \* Check the pulses in your feet.
- \* Get feet checked for foot problems.
- \* Learn how to take care of your feet.
- \* Talk to your foot care specialist
- \* Take advice on special footwear.



## FOOT CARE

### DANGER SIGNS

Swelling  
Colour Change  
Thick hard skin/corns  
Ingrowing toe nails  
Cracks and blisters

Inform your Doctor immediately if you notice any of these



Wash your foot with lukewarm water & soap daily



Dry your foot well also between toes



Cut your nails straight across, ingrown & calluses should receive expert attention



Keep the Skin supple with moisturizing lotion but do not apply with between the toes



Change daily into clean socks or stockings which must neither be big or small



Keep your feet warm & dry preferably wear socks or stockings of wool or cotton (depending on weather) & leather shoes



Never walk Barefoot Neither indoors nor out doors



Always wear socks that fit



Examine your shoes for cracks, nails, pebbles which by irritates skin



Examine your foot, you may't feel the pain during an injury, until it is infected



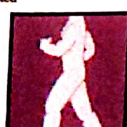
Avoid injury, strong antiseptics which may burn or irritate the skin



Avoid extremes of temperature



Avoid smoking, will contract blood vessels



The brisk walk will stimulate the circulation and help you feel good

## FOOT CARE

Examine your feet everyday. If you notice any these, contact your doctor **IMMEDIATELY**

- Trngling or Burning
- Numbness or Coldness
- Change of colour (Deepred or Purple) in toes, toe nails or skin
- Cramps in calves

Be very CAREFUL with your feet.

- Avoid injury
- Avoid infection
- cut nails safely
- Never walk barefoot
- Do not SMOKE

Take care of your feet with these.



MILD SOAP



TOWEL



MOISTURISER  
2 Parts Glycerine  
1 Part lime juice  
1 part rose water



POWDER



CLEAN SOCKS



COMFORTABLE SHOES

GENGRENE AND AMPUTATION OF LEGS ARE PREVENTABLE. TAKE CARE AND BE PROUD OF YOUR FEET.

### Get started

Begin taking good care of your feet today.

Set a time everyday to check your feet.  
Note the dates and visits to the podiatrist

Stick to your foot care program.



### TIPS FOR PROPER FOOTWEAR

Never wear plastic shoes, because they don't stretch or breathe.

When buying shoes, make sure they are comfortable from the start and have enough room for your toes with a wide toe box.

Necessary for the deformed feet that can be built in foot clinic.

Use canvas or leather shoes for daily wear as they support the feet well and also allow the feet to breathe

Proper footwear can prevent most of the serious foot problems.

**EVEN IN INDIA  
PODIATRY CLINIC CONCEPT HAS  
COME TRUE**

**Model Foot Clinic**

The first of its kind which is very special in its nature of operation and one of the very few in the country when we consider the total facilities that are offered here.

**Podiatry services (Foot care room)**

Podiatry room is specially designed to give care to patients with foot problems. Foot problems like corns and callus removal, nail cutting, attending to ulcers of the foot, warts and bunions are taken care of and at the same time, preventive care is taught to the patient

**Podiatry OT (Minor OT)**

Minor Procedures like toe amputations wound debridements, in growing toe nail repair, ulcer care and callus removal and other small podiatry procedures are carried out in the podiatry OT.

**Foot Care Counselling &  
Consultation Room**

Foot Education, nutrition prescriptions and lifestyle plans are explained to the patient and family members. Prevention is always better and therefore the patient is 'educated' about foot care.



### **Foot Hydrotherapy Room**

Foot Jacuzzi is the special footwash for the foot ulcer patient, where the pressure of water gives a natural debridement. The water used for the pressure wash is U-V softened sterilised and warm so that it is safe and soothing for the patient. After the 'foot wash' the patient proceeds for dressing.

### **Foot Mapping**

Pressure points in the feet are marked in the computer. Foot pressures are measured with the help of sensory pads connected to the computer, which measures and gives the report about the pressure areas of the foot.

### **ABI Room / Sensitometer**

The ABI machine measures the pulse wave grams, explains about the circulation in the feet, records the data in waveform and gives the report, which tells us about the block in the arteries.

The sensitometer is a special instrument, which measures the amount of nerve damage to the feet.

### **Special Orthotics Room**

Orthotics is the special foot wear, moulded according to the individual requirement since diabetic neuropathy causes deformity of the foot. Special insoles are made with plastazote, which provides pressure relief for the foot.

### **New Diabetes Footwear**

For all these years, the recommended material for diabetic footwear was MCR (Micro Cellular Rubber) which helped the diabetic foot to heal. Now, there is a material superior to MCR which has been introduced in India called "Evazote" and "Plastazote". This is the material recommended for footwear insoles for diabetic foot and other non-diabetics with foot problems.

#### **What is MCR ?**

"MCR" (Micro Cellular Rubber) is made out of a natural rubber with

chemical blowing agent and sulphur. Due to its fast ageing, it becomes brittle, develops cracks and becomes unusable within a short period of usage. Also, it develops odour in the long run.

#### **About "Evazote" & "Plastazote"**

Now, "Evazote" & "Plastazote" has taken a superior place for Diabetic footwear. Due to its scientific and technical developments in this area, the copolymer foam known as "Ethylene Vinyl Acetate Foam" was found highly suitable for diabetic foot wear. This Eva Foam is known as "Evazote" and very widely used in USA, Europe &



Japan according to the doctor's advice.

Podiatrists and diabetic advise to use "Evazote" to Diabetic patients for foot care. It is odourless, compatible to the human body and hygienic.

"Evazote" conforms to the shape of the bottom of the foot within a short period of use, due to which foot pressure is distributed and pain is partly relieved.

Evzote/Plastazote is a gift to the Diabetic foot to prevent foot problems. It is a protective foot wear which distributes pressure in the feet evenly thereby avoiding break down in the skin of the feet.

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