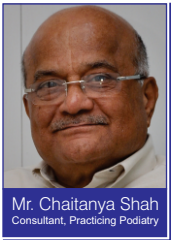


Diabetic feet to last for life

"60-70% of those with diabetes will develop peripheral neuropathy, or lose sensation in their feet. Hope you are not one of them".



Mr. Chaitanya Shah
Consultant, Practicing Podiatry

In case of diabetic population, walking is one of the most essential and widely recommended forms of physical activity to combat the killer disease. And to walk, healthy feet are essential.

It is imperative to take care of diabetic feet at every stage of life, just as monitoring and controlling blood sugar at all times, to avoid various minor to major foot complications, deformities and amputation. The diabetic population is frequently advised steps

towards basic foot care by various healthcare professionals, friends, relative, articles, blogs, etc.

However, considering our environment, climatic changes and socio economic demands, the diabetic population need to be vigilant in managing foot health on day to day basis. Moreover they need to be examined by experts (Podiatrist) for evaluation from toe to head, which includes:

- Foot and ankle conditions, alignment and deformities
- High pressure areas, hot spots and altered sensations causing foot complications
- Lower Limb and spine alignment
- Gait pathologies
- Exact foot size by length & width
- Footwear analysis

The podiatrist will prescribe and provide customized foot care, footwear, orthotics and accessories to ensure "Safe and Secure Environment" for diabetic feet. This is essential as an integral part of "Diabetic Health Management".

Improper & ill-fitting footwear and barefoot walking, even at home and in holy shrines are major contributors to the diabetes foot ulcerations and other complications. Here are a few steps towards foot health for people with diabetes:

- Avoid wearing open footwear/sandal as chances of injuries are higher.
- When buying footwear, make sure they are correct size by length & width, comfortable and have enough room to wiggle your toes.
- Always buy shoe in the evening, to accommodate any swelling that may have developed during the day.
- Wear footwear that provide firm control for balance walking and protect your feet.
- Break in footwear. Initially wear 1 to 2 hours each day until the feet get accustomed to comfort.
- Check the insides of your shoes before you put them on to make sure they are clean and free from dust and debris that might irritate your feet and cause complications.
- Athletic and Walking Shoes are good for daily wear. They support your feet and allow them to "breathe".
- Never wear vinyl or synthetic footwear as they don't breathe and emit chemicals that may be harmful for foot.
- Avoid pointed shoes and high heels. They put too much pressure on the ball of the foot & toes, prone to develop callus and painful corn(s).
- Always wear socks with shoes to help avoid blisters and sores. Choose clean, lightly padded socks that fit well.
- The socks should allow proper ventilation to control odor and to maintain the normal foot temperature and moisture. Often in case of diabetes the feet become dry and rough, which increases the chances of developing corn, callus and ulcers.
- Diabetic who have mal-aligned foot and ankle bio mechanics should not wear off the shelf footwear, instead they should get a custom fabricated insoles and footwear.

Insulin and medicine may control diabetes but FEET only can kick the killer disease!!!!

"Every 30 Seconds lower limb is lost to diabetes somewhere in the world & at least 50 % of all diabetic foot amputations can be prevented" - WHO



Every Diabetic Foot needs to be in a safe & secure environment which demands Foot, Ankle & Lower Limb Evaluation

The cost of comfort and to avoid foot complications is priceless

Visit First of its kind "Foot, Ankle & Lower Limb Clinic" for detailed evaluation & complete foot care solution

Medical Grade Footwear & Accessories



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