

Screening required for DF

Examination of the foot would include the following (to be done on both the feet)

- Monofilament testing - for testing touch pressure sensation.
- Palpation of pulses in the foot
- Vibration testing - to recognize any neuropathic ulcer
- Temperature of the foot gives important clue of impaired circulation or otherwise
- ABI & Doppler of the foot
- Inspection of the footwear, for material, kind of footwear (flip-flops, shoe, sneaker, sports shoes, etc.) fit and patterns

Foot Services Provided at Diabetacare

- Doppler / ABPI & Stress ABPI / TBI
- Plantar Pressure Scan by RS Scan
- Biothesiometry Study
- Customized Offloading of Diabetic Ulcers
- Treatment of Diabetic Foot, Diabetic Ulcer, and Nail problems
- Conservative management of Neuropathy, Vascular Condition


Products

- Moisturizer, Socks, Footwear, Nail Care Set, Standard Insoles & Customized Insoles

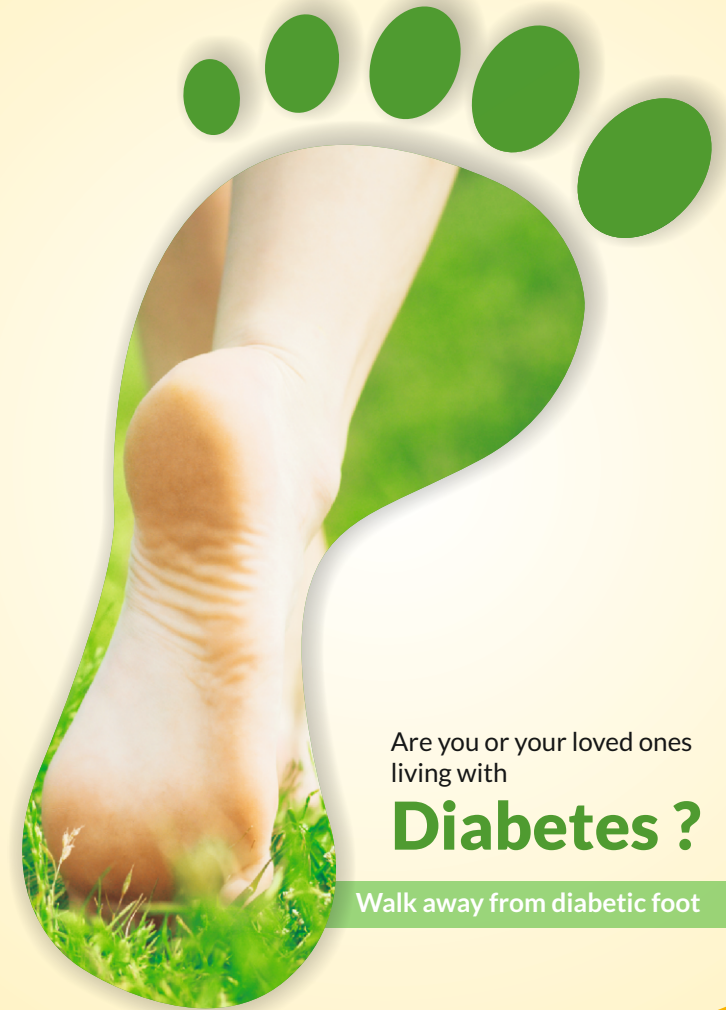


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Are you or your loved ones
living with

Diabetes ?

Walk away from diabetic foot



What is Diabetic Foot ?

Diabetic foot (DF) disease is one of the most common, serious, feared and expensive complications of diabetes. Patients with diabetes are at a 15 to 40 times higher risk of a lower limb amputation than a non-diabetic patient. 80% of lower limb amputations in diabetes are preceded by the development of a foot ulcer and it is estimated that the annual incidence of lower limb ulceration in patients with diabetes varies between 2.2% to 7.0%. Treatment of Diabetic Foot can be expensive if not treated in time. Frequent investigations, hospitalization & even surgery may be required if DF is neglected.

What are the causes for diabetic foot?

About 15 to 25% of the diabetics in India suffer from various foot conditions, which many times, lead to amputations.

Uncontrolled diabetes, leads to nerve damage, causing loss of sensation in the initial stage. If not treated, it can also lead to deformity in the foot, non healing ulcers etc. Diabetes also affects the blood circulation in the lower limbs, further complicating the foot conditions, leading to infection and gangrene.

- ❏ **Trauma, Anatomical or pathological deformity** requires surgery if not treated otherwise.



When should I contact my doctor ?

If you have diabetes, contact your doctor if you experience any of the following problems:

- ❏ Changes in skin color
- ❏ Changes in skin temperature
- ❏ Fungal infection
- ❏ Swelling in the foot or ankle
- ❏ Pain in the legs
- ❏ Open sores on the feet
- ❏ Ingrown toenails or toenails infected with fungus
- ❏ Corns or calluses
- ❏ Dry cracks in the skin, especially around the heel
- ❏ Unusual and/or persistent foot odor

Diabetacare Foot Clinic (DFC)

The Diabetic Foot Clinic of “Diabetacare Foot Clinic” provides comprehensive foot care for diabetes patients, starting from screening, to surgical procedures and rehabilitation. The services of the clinic include education of the patient in practical aspects of foot care, early recognition of foot at risk, special advice on selection of footwear, and providing a

comprehensive care for all diabetic foot complications.

The services include clinical examination, investigations, and routine foot and nail care, surgical procedures, wound care, customized insoles, and offloading mechanisms by providing appropriate foot wear. DFC (Diabetacare Foot Clinics) emphasizes on prevention through awareness, education and early detection.

The facilities of Diabetacare, providing DF services, can be classified into Primary, Secondary, and Tertiary level centers, offering varied levels of services, based on the availability of skilled personnel and infrastructure.

Objectives of screening

- ❏ Screen the foot for risk and categorize into Low, At Risk & Active.
- ❏ Provide assessment details to the physician, for further plan of action.
- ❏ Provide implementable recommendations to the patient.