



BETA

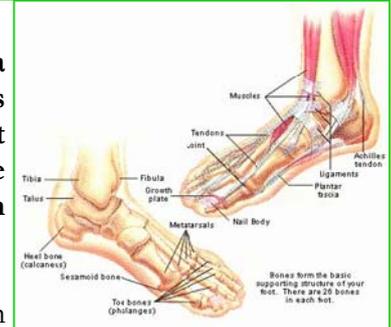
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Feet First

Dr. Vijay Viswanathan, Managing Director, M.V. hospital for diabetes and Diabetes research Centre, Royapuram, Chennai, States " People with long-standing or poorly controlled diabetes are highly susceptible to the risks of having permanent damage to their feet. Ulcers, sores, bacterial infection of skin are some of the common diabetic foot problems. If they are not treated properly they can lead to serious complications like gangrene and amputations. We want to bring awareness among the large diabetic population in India that with proper care they can easily avoid this fate."

Leonardo Da Vinci said, "The human foot is a masterpiece of engineering and a work of art." It is made up of 27 bones, 19 muscles and 32 joints. Feet bear the weight of the whole body and yet they are the most neglected part of the body. Indians in particular are very ignorant about foot care.



Socio-cultural practices such as barefoot walking , certain religious beliefs , use of improper footwear and lack of knowledge regarding foot care contributes towards increase in the prevalence of foot complications in India. Today's stresses and inactivity of contemporary life often lead to foot related problems and obesity .

Obesity is by far the most common cause of type 2 diabetes though it's not the only one. Age, race, and educational level all are associated with diabetes. Even so, there's not much you can do about your race or your age. There is a lot which can be done about the weight-related diabetes risk.

CARE is the most effectual word for a diabetic. Without proper care even an ordinary problem can get worse and lead to serious complications. A diabetic is more prone to developing foot complications because a minor injury such as a blister that goes untreated can escalate into an infection or ulcer.

What is a Foot Ulcer? Foot ulcers are sores on the feet that often occur in people with diabetes. Inadequate blood supply to lower limb and loss of sensitivity of leg skin are the two most important factors, which make leg ulcer complicated in any diabetic patient. In India, the prevalence of diabetic foot ulcers in clinic population is estimated to be 3.6% (Source: MV Hospital for Diabetes). **Another major consequence of diabetes is Gangrene, the decay or death of an organ or tissue caused by a lack of blood supply.**

Welcome to MV hospital for Diabetes and Diabetes Research center Emler

We are delighted to bring to you the 3rd edition of the M. V. Hospital for Diabetes and Diabetes Research Centre Media Emler. We have coined our emler BETA because beta cells are the most important insulin secreting cell type in the Islets of Langerhans within Pancreas. Brought to you regularly, this emler will provide you insights on rapidly growing menace of diabetes among various segments of Indian society and effective ways to tackle the disease.

We would love to hear your feedback and suggestions on the emler.

Dr. K. Karunanithi

Project Officer M. V. Hospital for Diabetes & Diabetes Research Centre



Gangrene can involve any body part, but the most commonly affected areas are the feet and lower limbs. The most common of foot problems in diabetics is nerve damage - **Neuropathy**, which results in loss of feeling in your feet. The nerve damage decreases ability to feel pain, heat, and cold. Loss of feeling means that a foot injury goes unnoticed and becomes infected.

These foot related complications when untreated in many cases can lead to foot amputation. Foot or leg amputation is referred to the surgical removal of lower limb, often because of poor circulation or an uncontrolled infection that has destroyed skin, muscle and other tissue.

If proper care is not taken, the foot problems can escalate the cost for the diabetics. The direct cost which includes the cost of the drugs, hospital expenses, and lab tests etc. are borne by the individual, family and the health care system. However the intangible costs are much higher.

The amount of stress, anxiety, fear and other psychological problems that a person/family undergoes cannot easily be quantified, but have bigger implications on the diabetics. The problems that a family/person undergoes post amputation are very huge. Though the cost is high, long term care that goes beyond the traditional boundaries of medicine is the only solution in this scenario.

For example: The loss of a lower limb in a working man leads to reduction in the family income. This in turn starts a chain reaction which affects each member of the family.

Regular care of foot under proper guidance of the doctor can reduce the risk of foot related problems among diabetics. Understanding this need of awareness among diabetics for footcare M.V. Hospital for diabetes launched :



India's first online Diabetic foot care forum: www.mvdiabeticfoot.com

M.V Hospitals launches India's first online Diabetic foot care forum

Launched on July 17th, 2008 www.mvdiabeticfoot.com the online forum is the first step in the multi-level awareness campaign on prevention of diabetes foot complications. The forum provides tips and advice for management and prevention of dreaded foot complications that could arise due to diabetes. As a globally recognized health care centre for foot care complications, foot care specialists from M V Hospital will provide all the necessary content and counseling through the forum. To ensure that the awareness program reaches right up to the grass roots level, M V Hospital also released a booklet titled "Tips on Foot Care for People with Diabetes" at the event.

"The 'Online Diabetic Foot Care program' will help us to reach patients across the globe and provide counseling and guidance for not only diabetic foot issues but for all kinds of foot related problems," explains Dr. Vijay Viswanathan, Managing Director, M.V. Hospital for Diabetes and Diabetes Research centre, Royapuram. He further adds that, "Diabetes foot complications rank among the most common and severe complications that most diabetics face. As per WHO statistics 50% of non traumatic foot amputations in the world are due to diabetes. M V Hospital's campaign has been developed to convey the message that diabetic foot complications are completely preventable with proper care and attention."



Do you know?

The term diabetes is derived from Greek word *diabainein*, which means *dia-*, "across, apart," and the verb *bainein*, "to walk, stand." It was coined by Aretaeus of Cappadocia.

In 1675, Thomas Willis added the word *mellitus*, from the Latin meaning "honey", a reference to the sweet taste of the urine.

In 1552 BC Egyptian physician Hesy-Ra of the 3rd Dynasty makes the first known mention of diabetes found on the Ebers Papyrus – and lists remedies to combat the ‘passing of too much urine.

Tips on foot care

When to contact the Doctor ?

- ✦ Inspect your feet regularly. If there is any change in color and temperature of your feet consult a diabetologist immediately.
- ✦ You should contact a chiropodist if your nails become thick, tough and discolored.
- ✦ Any growth on your feet such as corns calluses and verrucae's should be monitored.
- ✦ Peeling of the skin or excessively dry skin should be treated.
- ✦ If your feet are itchy, that may be a sign of a fungal infection of the skin.
- ✦ Remove any hard skin you may have gently with a pumice stone or a skin file. It is not wise to use a pumice or skin file over a joint. If your lesion is over a joint, seek advice from a chiropodist
- ✦ Patients with diabetes should have their nails cut by a State Registered Chiropodist.
- ✦ Do not carry out bathroom surgery, cutting out a corn with a pair of scissors can be very dangerous and can lead to further problems with the feet.
- ✦ Be cautious of home remedies for corns and verrucae's as they can cause damage to your skin.
- ✦ Don't ignore pain. Painful feet are not normal. Many foot conditions can be cured if you visit a chiropodist as early as possible.



**“I see you’ve doubled your amount of daily exercise.
Unfortunately, two times nothing is still nothing.”**



On Regular Foot Care

1. **Keep a healthy lifestyle and follow a healthy diet.**
2. **Keep your blood sugar close to normal.**
3. **Check Your Feet Every Day**
 - ✦ Look at your feet every day for cuts, blisters, red spots, and swelling.
 - ✦ Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.
4. **Wash Your Feet Every Day**
 - ✦ Wash your feet in warm, not hot water every day.
 - ✦ Wash your feet daily in Luke warm soapy water. Do not soak the feet to long as this may cause them to become excessively dry
 - ✦ Dry your feet well. Be sure to dry in between your toes.
5. **Keep Your Skin Soft and Smooth**
 - ✦ Rub a thin coat of skin lotion over the tops and bottoms of your feet but not between your toes.
6. **Trim Your Toenails every week or when needed**
 - ✦ Trim your toenails straight across and not too short and file the edges with an emery board or nail file.
 - ✦ Do not cut down the corner as this can lead to in growing toenails.
7. **Wear Shoes And Socks At All Times**
 - ✦ Never walk barefoot
 - ✦ Wear comfortable shoes that fit well and protect your feet
 - ✦ Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.
8. **Protect Your Feet From Hot and Cold**
 - ✦ Wear shoes at the beach or on hot pavement
9. **Wear socks at night if your feet get cold**
10. **Keep The Blood Flowing To Your Feet**
 - ✦ Put your feet up when sitting
 - ✦ Wiggle your toes and move your ankles up and down for 5 minutes 2 or 3 times every day.
 - ✦ Do Not cross your legs for long periods of time
 - ✦ Do Not Smoke

About M.V. Hospital for Diabetes (P) LTD, And Diabetes Research Center Royapuram , Chennai, Tamil Nadu.

M.V. Hospital for Diabetes and Diabetes Research Centre, Royapuram, Chennai an ISO 9001-2000 certified organization and accredited by NABL was started in 1954. Founder of the M.V. Hospitals, Prof. M .Viswanathan was known as the —Father of Diabetology and his vision towards M.V. hospital to become one of the largest diabetes referral centers in Asia.

Over the years M.V. Hospital has grown and registered over 2,00,000 patients to-date. The hospital along with diabetes research center also under-takes research and imparts Postgraduate training to doctors in diabetology.

M.V. Hospital for Diabetes is also recognized as an internationally known tertiary care center for referral of diabetic patients requiring super-specialist opinion and management. The entire set up is a purpose built organization to provide modern services to the patients and their families. For more Information on M.V Hospital for diabetes care; please log on to <http://www.mvdiabetes.com/>

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