FOOT TROUBLE

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Diabetes, a disease, which more or else everyone knows about. It is one of the major non-communicable diseases, everyone is concerned about. But does anyone know what serious effect it can have? Diabetes Mellitus (DM) is a disease where the blood glucose levels are high, and this high glucose levels over time can damage the nerves, kidneys, eyes and even blood vessels. It also decreases the immunity of the body, leading to a decrease in the body's ability to fight infection. In one sense it numbs the whole body, resulting in damage escaping notification.

Foot problems commonly develop in people with diabetes and can quickly become serious. According to CDC research, 'In 2008 alone, more than 70,000 people with diabetes had a leg or foot amputated. Amputations in people with diabetes account for more than 60 percent of the amputations of legs and feet not resulting from an injury, such as from a car crash. People with diabetes were eight times as likely to lose a leg or foot to amputation as people without diabetes'

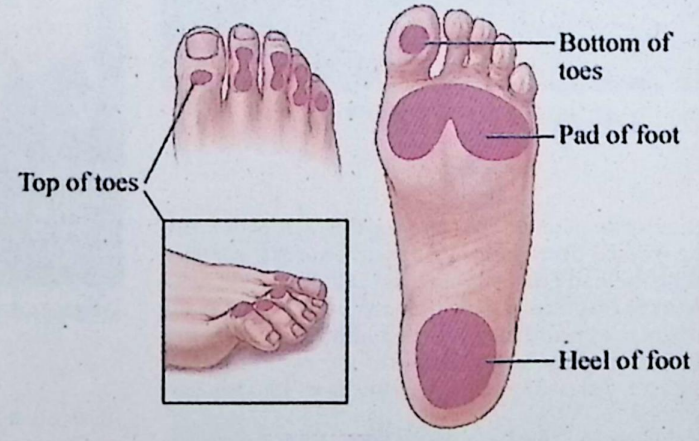
Diabetic foot problems are a major health concern and are a common cause of hospitalisation. The diabetic foot arises from two serious complications of long term diabetes- nerve damage and poor blood circulation. (You may have noticed, injuries in diabetic patients don't get healed easily, this is solely due to lack of blood supply to that area).

Hence it is obvious, that our foot being the most depended part of the body, and being prone to constant pressure, have a high risk of getting minor injuries. The lack of feeling and poor blood flow to the injuries in the foot can allow a minor cut to progress to a serious infection in a matter of days. Nerve damage can cause dry and cracked skin, which becomes a fertile ground for bacteria to enter and cause infection.

Risk Factors

People with diabetes have chances of developing diabetic foot due to the following causes-

- **Foot wear:** Poorly fitting shoes results in blisters, corns, sore spots, etc which may lead to diabetic foot.
- **Trauma:** Any sort of trauma, is a major risk factor for people with diabetes for developing diabetic foot.
- **Nerve damage:** Diabetes results in nerve damage, which sequentially leads to loss of sensation. Diabetic patients may be unable to feel their feet normally, making it more prone to trauma getting unnoticed.



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