

# Physiotherapy for diabetic neuropathy

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Diabetic neuropathy is the most common complication of Diabetes Mellitus (DM). According to International Diabetes Federation's Diabetes Atlas, there are 415 million people with diabetes in the world. Bangladesh has a disproportionately high diabetes population with more than 10 million according to research published in the World Health Organisation (WHO) bulletin in 2013. In Bangladesh 19.7% patients with diabetes have been suffering from peripheral neuropathy.

Physiotherapy helps to reduce the symptoms of peripheral neuropathy and helps the people to lead a physically active life. What is diabetic neuropathy? It is a type of nerve damage caused by uncontrolled diabetes that leads to numbness and sometimes pain and weakness in the hands, arms, feet and legs.

Diabetic neuropathy can affect the digestive tract, heart and genitalia. The longer a person has diabetes, the greater the risk of neuropathy.

What are the symptoms and signs of diabetic neuropathy?

The symptoms and signs of dia-

betic neuropathy depend upon the type of neuropathy that is present. There are four types of diabetic neuropathy.

**Peripheral neuropathy:**

- The tingling or burning sensation or loss of feeling in the hands, arms, feet, and legs
- Increased sensitivity to touch
- Muscle weakness
- Loss of balance and coordination
- Serious foot problems, such as ulcers, infections and deformities.

**Autonomic neuropathy:** The autonomic nervous system controls heart, bladder, lungs, stomach, intestines, sex organs and eyes. Diabetes can affect the nerves in any of these areas, possibly causing:

- Lack of awareness that blood sugar levels are low
- Bladder problems, including urinary tract infections or incontinence
- Constipation, uncontrolled diarrhoea or a combination of the two and loss of appetite
- Erectile dysfunction in men, vaginal dryness and other sexual difficulties in women
- Increased or decreased sweating, problems of regulating body temperature



- Inability of body to adjust blood pressure and heart rate, leading to sharp drops in blood pressure after sitting or standing
- Difficulty of eyes to adjust from light to dark.
- Proximal neuropathy:**
  - Sudden, severe pain in thighs, hips or buttock
  - Weak and atrophied thigh muscles
  - Difficulty rising from a sitting position
  - Abdominal swelling, if the abdomen is affected
  - Weight loss
- Mononeuropathy:** Signs and symptoms depend on which nerve is involved and may include:
  - Difficulty focusing your eyes, double vision or aching behind one eye
  - Paralysis on one side of your face (Bell's palsy)
  - Pain in your shin or foot, lower back or pelvis, front of thigh. Sometimes chest or abdomen.

## Importance of physiotherapy for diabetic neuropathy

Physiotherapy has a significant role in the treatment and prevention of diabetic neuropathy. Specific exercise programme including range of motion, muscle strengthening and gait training can improve gait pattern or walking in patients with diabetic neuropathy. Evidence shows that resistant strengthening exercises lower blood glucose level. A proper physiotherapy intervention will help to alleviate from the symptoms of diabetic neuropathy and also improve overall quality of life.

### How to prevent diabetic neuropathy?

Keeping diabetes under control is the best way to prevent or stop the progression of diabetic neuropathy and other complications of diabetes. Monitoring your blood glucose levels, avoiding smoking, getting aerobic exercises, strengthening exercises, balance training, taking your medications as prescribed, proper foot care and being active is the best way to prevent it.

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## HEALTH & POVERTY

### Half the world lacks access to essential health services

100 million still pushed into extreme poverty because of health expenses

At least half of the world's population cannot obtain essential health services, according to a new report from the World Bank and World Health Organisation (WHO). And each year, large numbers of households are being pushed into poverty because they must pay for health care out of their own pockets.

Currently, 800 million people spend at least 10% of their household budgets on health expenses for themselves, a sick child or other family member. For almost 100 million people these expenses are high enough to push them into extreme poverty, forcing them to survive on just US\$1.90 or less a day.

"It is utterly unacceptable that half the world still lacks coverage for the most essential health services," said Dr Tedros Adhanom Ghebreyesus, Director-General of WHO. "And it is unnecessary. A solution exists: universal health coverage (UHC) allows everyone to obtain the health services they need, when and where they need them, without facing financial hardship."

There is some good news: The report shows that the 21st century has seen an increase in the number of people able to obtain some key health services, such as immunisation and family planning, as well as antiretroviral treatment for HIV and insecticide-treated bed nets to prevent malaria. In addition, fewer people are now being tipped into extreme poverty than at the turn of the century.

## HEALTH bulletin



### Sugar-sweetened drinks are linked to overweight and obesity

A new review of the latest evidence on sugar-sweetened beverages (SSBs) – which includes 30 new studies published between 2013 and 2015 (and none of them industry sponsored) – concludes that SSB consumption is associated with overweight and obesity, and that countries that have not already done so should take action to reduce the consumption of the so-called 'empty calories' that these drinks contain. The review is published in the journal *Obesity Facts*, the journal of the European Association for the Study of Obesity (EASO).

This new, more recent evidence suggests that SSB consumption is positively associated with obesity in children. By combining the already published evidence with this new research, it can be concluded that in many ways should already be obvious: public health policies should aim to reduce the consumption of SSBs and encourage healthy alternatives such as water. Yet to date, actions to reduce SSB consumption in many countries are limited or non-existent.

## Cerebral vasculitis and its facts

PROF M KARIM KHAN

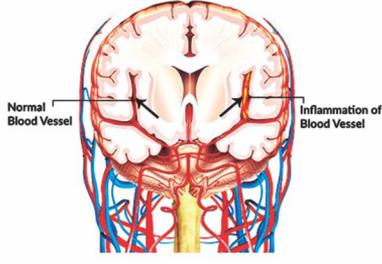
Life of Mayor Anisul Haque was claimed by cerebral vasculitis. It is an inflammation of the intracranial blood vessels. Small, medium and large vessels may be affected.

Because of inflammation of the vessels blood to the affected site decreases, so some permanent damage to brain occurs. Men are affected twice as often as women.

Symptoms may include headache, neck ache, vomiting, stroke, abnormal protrusion of the eyeball(s), blurred vision, speech problem, problems of motor activities, weight loss, apnoea, black discoloration of skin primarily on the extremities, fluctuation of vital signs that is blood pressure, respiration, heart rate, convulsion and cranial nerves palsy.

Most often causes are not known. But autoimmune infection, systemic lupus erythematosus, rheumatoid arthritis and some drugs may initiate cerebral vasculitis. It usually occurs after 50 years of age. Incidence is 18/100000 population in Europe. In our country we do not have any statistics.

Besides clinical signs and symptoms, laboratory tests are needed to confirm the diagnosis, such as complete blood count (CBC), C-reactive protein (CRP), magnetic resonance imaging (MRI), magnetic resonance angiography (MRA), computerised tomographic



angiography (CTA), positron emission tomography (PET) etc. Management depends upon the presentation and severity of the disease. Treatment is first with the different high-dose steroids, namely glucocorticoids. Then, if symptoms do not improve additional immunosuppression are added to decrease the immune system's attack on the body's own tissues. Cerebral vasculitis is a very rare condition that is difficult to diagnose, and as a result there are significant variations in the way it is diagnosed and treated. But intensive immunotherapy (ICI) care is often needed. Regular neurological follow up is mandatory. Prognosis is usually not good and often unpredictable. Early proper management may help the victim to prolong life. Wishing everyone a happy, healthy and disease free life.

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## Make health your resolution in 2018

STAR HEALTH DESK

Make 2018 your healthiest year yet. Add these tips to your resolution list to boost your health and well-being!

- Make an appointment for a check-up, vaccination, or screening. Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.
- Wash your hands often with soap and water to prevent the spread of infection and illness. Hand washing involves five simple and effective steps – wet, lather, scrub, rinse, and dry. Learn more about when and how to wash your hands.
- Make healthy food choices. A healthy eating plan emphasises fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Get active! Start small – try taking the stairs instead of the elevator, or parking further from your destination. Consider mild walking if the weather is cold or icy. Adults should get at least 2½ hours a week of moderate-intensity physical activity.
- Be smokefree. As soon as you quit, you start to get immediate health benefits. After only 20 minutes, your heart rate goes back to normal. Within a day, your blood's carbon monoxide level also falls back into place. In just 2-3 weeks, you will start to lower your odds of having a heart attack. In the long run, you will also lower your chance of getting lung cancer and other cancers.
- Get enough sleep. Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.



# Specialist Doctors Required

## Orion Renal & General Hospital

Lake Circus, Kalabagan, Dhaka-1205.  
Phone: 01709640986, 01713090489

Sl. No.	Position/Designation	No. of Vacancy	Qualification	Facilities
01	Consultant of Medicine	01	FCPS/MD or equivalent degree as per BM&DC	Negotiable
02	Consultant of Pediatrics	02	FCPS/MD/DCH or equivalent degree as per BM&DC	Negotiable
03	Consultant of Obstetrics & Gynaecology	03	FCPS/MS/DGO or equivalent degree as per BM&DC	Negotiable

Note: Please send your CV to our official email and supportive documents to below mentioned address by postal or courier services within January 10<sup>th</sup>, 2018.

Mailing Address: Medical Services Department (MSD), Orion House ,J53-I54, Tejgaon Industrial Area, Dhaka-1208.

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