

DR RAJIB GAYAN

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CARDIOLOGY, C. DIABETES, M.N.C.C.P., M.I.S.C.C.M., M.E.S.C.(FRA), M.H.F.A.(FRA)

Accr. in Diabetes from Harvard Medical School, USA. # Accr. in Diabetes & Endocrinology from Joslin's Diabetes Centre, Boston, USA. #
Accr. in Cardiology From European Board-European Cardiology Society. # Accr. From John Hopkins University School of Medicine USA.

Experienced & Former Medical Officer -

Charak Palika Hospital, NDMC, Delhi. * PGIMER Dr R. M. L. Hospital, Delhi. * Safdarjang Hospital & V.M. Medical College, Delhi. # Recipient of CHIKITSAK RATNA AWARD. EX - INTENSIVIST - Metro Hospitals & Heart Institute, Noida, NCR.

DIABETIC FOOT CARE

1. **What is Diabetic Neuropathy** - Diabetes causes the level of Sugar in your blood to be higher than normal. Overtime high blood sugar levels damage the blood vessels & nerves. Men are more likely to have diabetic neuropathy than female. This damage makes it hard for their nerves to carry messages to brain & other parts of the body. It can cause Numbness (loss of feeling) or painful Tingling & burning in parts of the Body.

2. **How Diabetic Neuropathy can be avoided** -To keep your Blood sugar under control, Healthy diet & regular exercise, Controlling B. P., Quit - Smoking & Alcohol.

3. **What can be done to prevent foot problems** - Keep your blood sugar levels as close to normal as possible. Also Follow Me on Diet, Exercise & Medicine. Also follow the instructions:-

- Wash your foot with lukewarm (not hot) water & mild soap always.
- Keep your feet dry, especially between the toes. Use a soft towel & pat gently.
- Keep the skin of your feet smooth by applying a cream, petroleum jelly or lanolin lotion. If the skin is cracked, consult ME, about how to treat it.
- Check your feet everyday. You may need a mirror to look at the bottom of your feet. Call Me if you have redness, swelling, pain that doesn't go away, numbness or tingling in any part of your foot.
- Examine your shoes before putting them on to make sure they have no tears, sharp edges, or objects in them that might injure your feet.
- Never go barefoot, especially on the beach, hot sand, or rocks.
- Cut your toenails straight across, but be careful not to leave any sharp corners that could cut the next toe. File the edges of your toe nails carefully
- Use an emery board or pumice stone to file away dead skin, but do not remove calluses, which act as protective padding. Do not try to cut off any growths yourself, and avoid using harsh chemicals such as wart remover on your feet.
- Test the water temperature with your elbow before stepping in a bath.
- If your feet are cold at night wear socks. (Do not use heating pads or hot water bottles.)
- Avoid sitting with your legs crossed. Crossing your legs can reduce the flow of blood to the feet.
- Call / Visit ME if you notice that a sore is not healing well.

দায়েবেতিক ফুত কেয়াৰ

1. ব্লাড স্কুগাৰ নৰ্মেলত কৰা জৰুৰি, ডিয়েত ও দৰব নিয়মিত ভাৱে সেৱন কৰিব।
2. প্ৰত্যেক দিনাই কুহুমিয়া পাণি লৈ ভৰি দুখন ভাঙি ধুৱ। প্ৰয়োজনতকৈ অধিক গৰম নহয় তাৰ বাবে পানিত কিলগুটি ডুবাই পৰিষ্কাৰ কৰা উচিত
3. ভৰি দুখন বহু সময় পানীত ডুবাই নাৰখিব। ধুৱাৰ পাছত কোমল কাপোৰ এখন লৈ পানী খিনি মচি পেলওক। বিশেষকৈ আঙুলিৰ মাজৰ অংশ খিনি শুকুৱাই পেলোৱা জৰুৰি।
4. ভৰি দুখনত মইশ্চাৰাইজিং ক্ৰিম বা পেট্ৰলিয়াম জেলি ব্যৱহাৰ কৰিব।
5. ভৰি দুখন নিয়মিত ভাৱে পৰিষ্কাৰ কৰিব অসুবিধা হলে আইনা ব্যৱহাৰ কৰক বা আন্য মানুহৰ সহায় লওক।
6. ভৰিখন নিয়মিত ভাৱে পৰিষ্কাৰ কৰিব। ভৰি দুখন ফুলা / বিশ / খলু উঠা / ৰঙচুৱা / জিনজিনুৱা হয় তেন্তে চিকিৎসকৰ পৰামৰ্শ লওক।
7. জুতা পিন্ধাৰ আগত নিয়মিত ভাৱে পৰিষ্কাৰ কৰিব -কিন্ধা গজাল, বা জুজ্ঞা পৰিষ্কাৰ কৰিব।
8. খালি ভৰিয়ে খুজ নাকাৰিব।
9. নখ গিতা চিধা কৰি কাতিব।
10. ভৰি ঠান্দা পালে মুজা পিন্ধিব। গৰম পেদ /বতল ব্যৱহাৰ নকৰিব।
11. ভৰি দুখন লেপেতা কাৰ্হি নবহিব-তেজ চলাচল কম হব পাৰে।
12. কিন্ধা ঘাঁ ইত