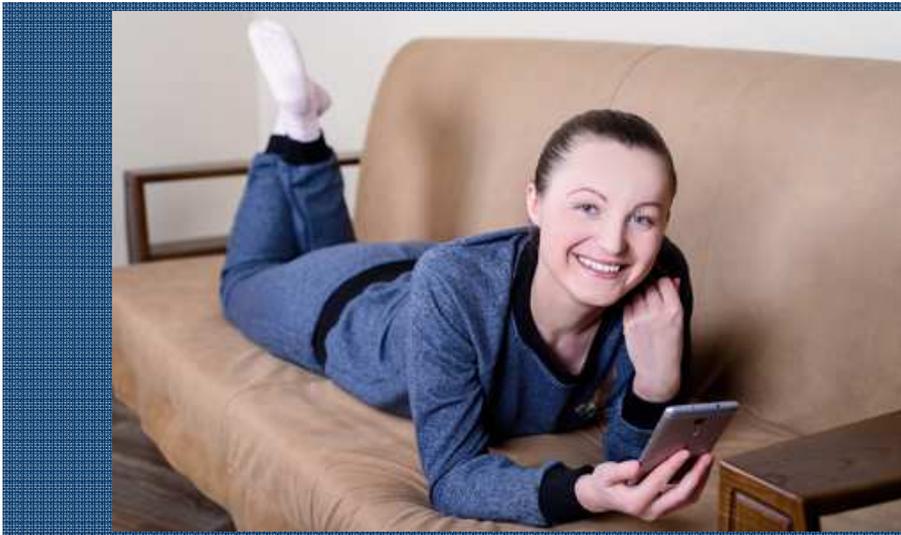


Monthly Newsletter

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Preventing Diabetic Foot Ulcers with Smart Socks

Did you know, plantar pressures are pressure areas on the soles of our feet? While we naturally adjust our posture and stance to offload pressure areas during the day, many diabetics fail to do this properly. This is due to damaged nerve endings, called neuropathy, reducing sensory feedback in diabetic's feet, risking ulceration.

A major challenge that diabetics face is the inability to feel minor trauma, pressure, cuts and blisters on the soles of their feet due to nerve damage caused by diabetes. If left unattended, wound or ulcer can develop.

In the case of diabetic foot ulcers, prevention is especially more desirable. It is an extremely common condition, with up to 1 in 4 diabetics standing a chance of developing a foot ulcer during their lifetime. Diabetic foot ulcers heal slowly, can be very painful and are financially very taxing.

Shockingly, studies have shown that 85% of diabetics who undergone amputations had to do so due to an ulcer!

An effective prevention program requires both patient effort and a multidisciplinary healthcare team. Good knowledge about plantar pressure, diabetic foot ulcers and methods of self-foot care are essential in preventing foot ulcers. Steps should be taken to manage other co-existing medical problems such as high blood pressure.

Getting a custom fitted pair of shoes that fit well and prescribed custom foot orthotics to fully accommodate the foot, can help patients avoid getting unnecessary cuts, rubs or blisters, whilst managing all important plantar pressure when wearing them.

Oh No!!

In April, we had 8 patients that failed to attend their appointment!



Preventing Diabetic Foot Ulcers with Smart Socks (Cont'd from previous page)

Lastly, regular check-ups with a healthcare practitioner is a must.

Fortunately, diabetic foot ulcers can be extremely preventable, if a person is mindful to follow all recommended instructions. All the methods of prevention work best when used in combination, and no single one will be able to fully prevent diabetic foot ulcers from happening.

In order to help fill in the gap in the feedback loop, researchers from the Hebrew University of Jerusalem have invented 'smart socks' that can sense minute changes in pressure on the soles of the feet. When pressure exceeds the safe threshold, alerts will be sent to the wearer's phone to prompt them to adjust their feet to relieve pressure and therefore avoiding the beginnings of a foot ulcer.



Diabetics can breathe a sigh of relief with the invention of devices like 'smart socks' – socks that are able to sense and alert the wearer via a smartphone notification when there is excessive pressure on the soles of the feet. These types of devices hope to greatly reduce the incidences of diabetic foot ulcers.

We may be seeing more of this 'smart technology' so watch this space!

Dealing with Hammertoe

Hammertoe is a fairly common deformity that occurs in the all small toes. The toes affected by this condition are usually bent at the middle joint making the toes look like hammers (thus the name hammertoe).

Calluses and corns develop on the middle of the toe or the tip and cause sturdiness and pain in their toes depending upon the extent of the deformity.

People with Hammertoe usually have to find shoes specifically made for their condition.

Causes

Given below are the widely known causes of Hammertoe.

- Extremely tight shoes
- Congenital or familial deformity
- Arthritis

Prevention

Though surgery may be possible, conservative care does help, including:



2. Using Pumice Stones or foot files

Pumice stones are a great way to keep your feet in great shape and health. You can use the pumice stone to file off the callus

3. Exercises to strengthen toe muscles

Exercises like curling, splaying, extending and retreating the toes can help hinder the growth of Hammertoe and prevent it in early cases altogether.

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The Care,
Professionalism and
Time that your feet
deserve

**The Footcare**
CENTRE



Weybridge 10K News

Sadly, on Sunday 1st April 2018 - Due to the bad weather conditions, the high level and speed of the river Thames, the Weybridge 10K that we were all so looking forward to was postponed for the safety of the runners!!

We now have a new date for your diary – Sunday 8th July 2018 is the new confirmed date, so we can now all carry on our hard work, organizing the event and lots more training for those who are taking part.

To date there are 1100 runners taking part.

So, if you have not already registered and are interested please visit www.weybridge10k.com for more information.

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