

# Taking Care Of Your Feet In Diabetes



**1** Wash your feet daily with lukewarm water & soap.



**2** Dry your feet well especially between the toes.



**3** Apply moisturising lotion, but do not apply between the toes.



**4** Check your feet regularly & consult your doctor if you find any blisters, cuts, redness, etc.

Trim your nails straight across and file.

**5**



Change socks daily, avoid dirty & tight socks.

**6**



Never walk barefoot either indoor or outdoor.

**7**



Examine your shoes daily for cracks, stones, nails which may irritate your feet.

**8**



## BLOOD SUGAR MNEMONIC

HOT & DRY = SUGAR HIGH



COLD & CLAMMY =  
NEED SOME CANDY



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COMPREHENSIVE  
DIABETES FOOT CARE



# Diabetes

Diabetes can be dangerous to your feet, even a small cut could have serious consequences. Diabetes may cause nerve damage that takes away the feeling in your feet. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or resist infection.

## Did you know

- The etiology of diabetes in India is multi-factorial and includes genetic factors coupled with environmental influences
- Foot complications are among the most serious and costly complications of diabetes mellitus. Amputation of whole or part of a lower extremity is usually preceded by a foot ulcer.
- Genomics testing can manage your diabetes in a more scientific way.

## Get Comprehensive Diabetic Foot Examination

### Why it is so important?

Nerve damage, poor circulation and trouble fighting infections, can make foot problems very serious for people with diabetes. The goal of the CDFE is to identify any changes in your feet, prevent problems and reduce the risk of amputations



## How can we assess?

### We at Diagno lounge shall be happy to assist you in the early assessment of complications with

- Routine Assessments & Health Packages
- Comprehensive Diabetes Foot Care Examination
- Genomics Testing
- Diabetes Fitness Clinic
- Diabetic Nutritional Help
- Diabetic Educational Information.
- Podiatry Consultation

### Vibrotherm (Vibration, Pressure, Thermal-Diabetes Neuropathy)

Neuropathy affects 50% of diabetic patients. Diabetes often damages peripheral nerve endings. The patients having chronic diabetes often feel numbness at their extremities. If the impending neuropathy can be picked up in time then the patients can be advised the preventive measure much before the complications set in.



### Vascular Doppler-Diabetes Vasculopathy

A patient with diabetes and PVD is more likely to present with an ischemic ulcer or gangrene than a patient without diabetes. The use of ankle-brachial-pressure index (ABI) in the clinic and bedside provide a measure of blood flow to the ankle. This could help early detection, initiate early therapy and may thus reduce the risk of critical limb ischemia and limb loss.



### Podia Scan-Structural Defects

Abnormal foot position, uneven pressure distribution on the foot, Neuropathy and Vasculopathy all can lead to development of non healing foot ulcers.



Podiascan can identify the high pressure point on the foot (sole) and the preventive measure can be taken to avoid Diabetes foot ulcers.

### Genomics Testing

Genomics test can help you in following ways:

- Knowing the risk
  - Pharmacogenomics
  - Nutrigenomics
- Genomics testing can help manage your diabetes by extending medical therapies as well as restore normal glucose metabolism.



### Diabetes Fitness Clinic

It is of paramount importance to restore the damage to the vasculature and nerves of the extremities. Physiotherapy using advanced techniques helps to control your blood sugar with exercise.

### Podiatry Consultation

The center not only offers these advanced scanning reports but also provides end-to-end facilities to deliver the customized insoles & footwear to the patients without making them run from pillar to post.

## Diabetic Packages

	Regular	Executive	Exclusive
<b>Diabetes Evaluation</b>			
FBS	✓	✓	✓
PPBS	✓	✓	✓
HbA1c	✓	✓	✓
Fasting Insulin	✓	✓	✓
<b>Cardiac Disease Risk Evaluation</b>			
ECG	✓	✓	✓
Stress Test	✓	✓	✓
<b>Lipid Profile</b>			
Triglycerides	✓	✓	✓
Total Cholesterol	✓	✓	✓
HDL	✓	✓	✓
LDL	✓	✓	✓
VLDL	✓	✓	✓
LDL/HDL Ratio	✓	✓	✓
TC/ HDL Ratio	✓	✓	✓
<b>Liver Profile</b>			
Total Bilirubin(Total, Direct, Indirect)	✓	✓	✓
SGPT	✓	✓	✓
SGOT	✓	✓	✓
GGT	✓	✓	✓
Total Protein	✓	✓	✓
Albumin	✓	✓	✓
ALP	✓	✓	✓
<b>Kidney Profile</b>			
Creatinine	✓	✓	✓
BUN	✓	✓	✓
Uric Acid	✓	✓	✓
<b>General Investigations</b>			
CBC+ ESR	✓	✓	✓
Vitamin D3	✓	✓	✓
Vitamin B12	✓	✓	✓
<b>Imaging</b>			
X-Ray -Chest PA	✓	✓	✓
<b>Foot profile</b>			
Vascular Doppler with ABI /TBI		✓	✓
Biothesiometer/Neuropathy Analyser		✓	✓
Planter Pressure System/ Podiascan		✓	✓
<b>Genomics Testing</b>			
Gene testing			✓
Pharmacogenomics			✓
Nutrigenomics			✓
<b>Consultations</b>			
Physician	✓	✓	✓
Dental	✓	✓	✓
Physiotherapy assessment	✓	✓	✓
Ophthalmology	✓	✓	✓
<b>Total</b>	<b>5,000/-</b>	<b>9,800/-</b>	<b>18,500/-</b>