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DIABETES FOOT ULCER

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Abstract:
Diabetes mellitus is disorder of abnormal high blood glucose levels i.e. hyperglycemia Acc^{++} who in 2016, 422 million adults suffered from diabetes mellitus, types "insulin depended diabetes mellitus" or "Juvenile diabetes mellitus" {NIDDM} or "adult onset diabetes" and gestational diabetes it occurs during pregnancy. Effective management of diabetes mellitus can decreased the severity of disease by preventing amputations and mortality. blood sugar control, wound debridement and advanced dressings is part of management the main symptoms of diabetes foot ulcer is hyperglycemia, increased fluid intake, blurred vision, change in energy metabolism, increased urine production and hyperglycemia. The uncontrolled diabetes mellitus caused diabetes

Keywords:- *NIDDM, Gestational diabetes, Hyperglycemia, Necrotic Tissue, Retinopathy, Macrophages, Cytokine Effect.*

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INTRODUCTION:

According to Who in 2016 442 million adults suffered from diabetes Mellitus This is generally seen on foot & fear complication of disease is loss of lower limbs. The other complication is during early stage of disease peripheral vascular disease occur or seen in majority & tissue loss in advanced stage diabetic foot

Ulcer has other symptoms like hyperkeratosis dry, skin, lack of sensitivity, peripheral neuropathy motor neuropathy etc. Many people go for imputation which is very painful therapy The diabetic ulcer also caused diabetes Mellitus & less to DFU

Diabetic foot ulcer ethology: -

the radiology of diabetic foot ulcer are improper Foot care, foot deformities, poor glycemic control, poor quality of shoes, Poor hygiene

1. Increase blood sugar level:-

Increase glycemia or sugar level in blood stiffen the arteries resulting in decreased In blood & oxygen to body.

2. Information: -

It occur due to injury to tissue due to neuropathic, Macrophage & most cells caused information. The cytokine Effect the inflammation Response. Pro inflammatory cytosine are produced by activating Macrophage And involved in regulating Inflammation reaction.

3. Peripheral Neuropathy / Nerve damage:-

It occur when nerves located outside of brain & spinal Cord damaged. It occurs due to numbers, pain and diabetes reduced supply of oxygen and nutrients To body.

4. Infection: -

It increased due to exposure to environment and it may require imputation.

Sign & symptoms

Common signs & symptoms of diabetic wound are chronic pain

*Signs of inflammation- swelling redness. Heat point &loss of functions.

*Signs of infection - pus, drainage, bad odor, dead tissue redness pus.

- "Drainage or blood in shoes or socks.

-large cell use or cracked heels

-Large term high blood, sugar can cause a type of never dagger

-Diabetes can also effect blood flow to leg and feet.

-This condition causes arteries to become narrow or block.

-Darkened skin on the affected area.

-Diminished ability to sense hot or cold.

-Loss or hair in the area.

-Numbness.

Treatment and cure of diseasese.

Gglycemic control:- Increasing evidence has show that intensive glycemic control disease

the onset and slows the progression of diabetic retinopathy nephropathy and neuropathy in patient with insulin depended diabetes mellitus

Pharmacological therapy: -

Individualized patiently education, improved diabetes knowledge and self management activities have improved medication adherence to oral diabetic medications in Case Controlled trial

Improving Vascularization: -

Revascularization of Ocifically ischemia legs rresults in increased perfusion.

Offloading

Further pressure reducing and redistribution of weight bearing load over an increased area

of the foot can be achieved.

Offloading strategies

Wound dressing: -

It is an affere an external protection and barries to external force and contaminants while promoting absorption of exudate around the war site . There were a variety of dressing available along with increasingly advanceed method of promoting wounds healing.

Maggot therapy :-

use of maggot therapy primarily Functions by removing dead necrotic tissue leaving healthy granulation tissue on the wound bed

Negative pressure wound therapy: -

Target negative pressure wound therapy is another increasingly Common method used in the management of diabetic foot ulcer.

Prevention of infection.

- Taking the pressure off the area. Called offloading
- Removing dead skin and tissue Called “debridement"
- Managing blood glucose and other. health problems.

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