



**Doctor**  
Live

# ACTION NEWSLETTER

**PODIATRY  
(FOOT CARE)  
IN INDIA**

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## ACTION ON ZOOM

Health - Prime concern of every individual and Society and in the current Pandemic it has been a challenge to the entire nation. In Spite of the adversity and tough times our Healthcare Fraternity have been withstood with determination to not only treat patients but educate them in a way, so they can at least understand, in time of emergency how they have to handle and bring to hospital or speak to doctor. We, Action Group of Hospitals had launched a series of live interviews on hospital's facebook through Zoom, where we featured the medical specialists and ask questions given by viewers. This month in our facebook live series named **Doctor Live**, which was special this time, since 2 major days, World Brain day & World Hepatitis Day, were came on 22<sup>nd</sup> July & 28<sup>th</sup> July respectively. Dr Rajul Aggarwal HOD and Sr Consultant Neurology has given the understanding on **Parkinson's Diseases** on the Worls Brain Day on 22<sup>nd</sup> July through facebook live. On World Hepatitis Day Dr Monika Jain and Dr G S Lamba, who are Chief of Gastroenterology and Hepatology, had shared their views on topics **Is Hepatitis Curable..? Know from Expert** on 24th July 12 pm followed by Dr G S Lamba's fb live on the topic : **Know Your Liver: An Expert Overview** on 8 pm, 25<sup>th</sup> July 2020. These was widely acclaimed shows and people join across the country on this show.

Sri Balaji Action Medical Institute  
Multi Specialty Hospital

Action Cancer Hospital  
Worldwide Care

Doctors are the warriors who fight disease  
Let's salute their bravery on  
Doctor's Day

Happy Doctor's Day  
1<sup>st</sup> July



**BIRTHDAYS  
in AUGUST**



Sh. Raj Kumar Gupta, President (15 August)	02-Aug-Dr. Manoj Kumar	03-Aug-Dr. R.K. Jasuja	04-Aug-Dr. Shweta Wadhwa
06-Aug-Dr. Ajay Kumar	07-Aug-Dr. Pradeep Kumar Jain	09-Aug-Dr. Amit Garg	10-Aug-Dr. Monika Jain
10-Aug-Dr. Yashodhara Sharma	11-Aug-Dr. Ashwin Garg	12-Aug-Dr. Atul Goswami	13-Aug-Dr. Rohit Goyal
18-Aug-Dr. Aditi Dusaj	21-Aug-Dr. Seema Patni	21-Aug-Dr. Arvind Ku. Agarwal	22-Aug-Dr. Rajiv Kumar Bansal
22-Aug-Dr. Preeti. S. Ghai	23-Aug-Dr. Nishit Gupta	23-Aug-Dr. Smita Sharma	24-Aug-Dr. Saurabh Rawall
25-Aug-Dr. Dinesh Kumar Yadav	28-Aug-Dr. Prachi	31-Aug-Dr. Balbir Singh SodhiCol	

Family members of Sri Balaji Action Medical Institute & Action Cancer Hospital wishes each one of you a very Happy Birthday

[www.actionhospital.com](http://www.actionhospital.com)

[www.actioncancerhospital.com](http://www.actioncancerhospital.com)

Word of Wisdom: One Day or Day one... You Decide. (By Rohit Sharma)



# PODIATRY (FOOT CARE) IN INDIA

here are more than 60,000 Diabetic Foot Amputations every year in India:

## INTRODUCTION

Podiatry is a branch of medicine which deals with medical conditions of foot and ankle. It is well recognised branch of medicine in USA, Europe and in developed countries. Like any other branch of medicine every good hospital in developed has a designated podiatry Department. Unfortunately there is not much awareness about this speciality in Indian population and among policy makers. A Podiatrist is a doctor who has done a degree, diploma or a special training in foot care. He diagnose and treats different foot and ankle related medical conditions.

## Why Podiatry is important in India?

1. In India there are more than 6 crore people who have diabetes and there are more than 60,000 amputations every year in India still we do not have any comprehensive policy for foot care in our country.
2. We have a significant population who is in bare foot walking more so not by choice but because of financial reasons.'
3. Poor level of foot care education and awareness also leads to problems of feet
4. Poor quality of footwear puts feet at a risk of trauma and painful feet.
5. People with high intensity jobs where the risk of trauma to lower limb is high always need specialised podiatry care.
6. Children and sports people are always more prone for lower limb and foot injuries so comprehensive foot care for this group is very important.



Dr. Govind Singh Bisht  
Sr. Podiatrist  
MBBS, Clinical Program  
in Podiatry

## General foot care tips:

### Few tips one should keep in mind for healthy foot care:

1. Never walk bare foot even at home, always wear extra width, extra depth well cushioned footwear.
2. Practice daily foot care. Wash your feet with warm water and a mild soap. Thoroughly dry feet especially between the toes. Use a moisturizing cream or lotion to prevent dryness and cracking. Avoid moisturizing the areas between the toes because the moisture content is already high i n web space, excessive moisture will invite fungal infection.
3. Do not wear same shoes daily. Try to give sun exposure to shoes on holidays so that the moisture and dampness inside it is taken care of, always buy footwear of natural material avoid footwear of synthetic material, never buy foot wears in the morning. Better to buy our footwear in the evening, when your feet are at their largest size. Because up to 5% of people have tendency of swelling in the feet at the end of the day, wear new shoes initially for few hours to allow the wearing in, never go to places where you have to walk a lot with brand new shoes, the chances are high that you will have shoe bites and sore feet.
4. Always wear activity and sports specific shoes, like racquet specific sports shoes are made to support side steps and stop and go movements, basketball shoes gives you side support and flexibility. Walking, running and marathon running shoes are different.
5. Children feet grow faster so check children for foot size once in every three to four month see that the existing shoes are not tight fit. After age of 6 years foot size growth is little slower.
6. Change socks every day that are clean and which draw the moisture away from your feet. Cotton socks with acrylic blend during summer and rainy season and woollen socks during winter are best. Change socks daily or even more frequently if they become damp because of excessive sweaty feet.
7. Trim toenails often. Always cut toenails straight across leaving them a little longer at the corners. Use nail clippers to make neat cuts. Do not cut too deep or tear away a nail with your fingers or dull scissors. Finish the edge with a nail file.
8. Do not try any kind of bathroom surgery for corn, callous and infected ingrown toe nail like conditions by your own go to a Podiatrist for any underlying condition.
9. People with diabetes who have compromised blood supply of feet and loss of sensation because of neuropathy should always take extra care of their feet, it is said people with diabetes should take care of their feet as they take care of their face.
10. Avoid extreme temperature exposures like in hot weather burns can be there because of bare feet walking in hot surface. In winters chilblains are very common in extreme cold. Especially during winters avoid exposure to cold by wearing woollen socks and double socks when the temperature drops to unbearably low levels. Keeping feet warm during winter is the first protection from chilblains.
11. Your feet need plenty of exercise to maintain good circulation, they also need proper rest.



## Neuro Surgery No Age Bar



Mr Kattar Singh, 95years old male, resident of pitampura Delhi, presented with left side weakness and altered sensorium on 28th February 2020 in Sri Balaji Action medical Hospital. In the hospital he was seen by **Dr Prakash Khatri** and was advised for immediate CT Scan head, which revealed right sided acute on chronic subdural hematoma. So patient was operated and right frontal and parietal hole craniotomy with evacuation of hematoma by Dr Prakash Khatri and Dr Prashanth Chaudhary. Patient was also suffering from CAD, COPD, IBS and mild hearing loss. Postoperatively patient recovered well and is doing his daily routine activities normally till date. This patient underwent same surgery on opposite side (left side) 6 years back also when he was 89 years old, at Kukreja Hospital by Dr Prakash Khatri. That time also he recovered fully and lived a normal life. Take home message: There is no age bar for brain surgery and can lead completely normal life, if you reach to a good surgeon at right place and right time.



All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity







