

Editorial Preview November – Month of Events and Special Offers

News & Notes November 14, 2016 World Diabetes Day

Featured Product APB™ All Purpose Boot

Expertise Conservative Treatment of a Bunion (Hallux Valgus) – is this possible?

Events September 2016 – December 2016

Imprint About us / Disclaimer

Editorial

Welcome to the 13th issue of DARCO India Newsletter

Dear Reader,

Welcome to our 13th issue of the DARCO India Newsletter. This quarterly publication provides information to the medical community, professional institutions and distributors throughout India – all dedicated to the treatment of the foot.

November – Events worth noting and a DARCO India Special Offer

World Diabetes Day is on November 14 and STOP Pressure Ulcer Day on November 17 both are world-wide events elevating awareness about Diabetes. For DARCO, it's a time to not only emphasize the importance of Diabetic Off-loading footwear but also a time to say "Thank you" to all the loyal DARCO E-News subscribers and to the many users of DARCO products.

To show our appreciation, we would like to extend an exclusive offer during the month of November. DARCO India will pick-up the cost on deliveries for those clients ordering shoes for the treatment of diabetic foot ulcers. When ordering **GentleStep™**, **WCS™** or **PegAssist™ Insoles** during the month of November, you will get the product – free of delivery charges. This is a tremendous savings. To find out more about our products, you can go to our website or simply contact info@darco.in.

Thank you once again for your interest in the solutions and insights that DARCO India has to offer. We look forward to hearing from you and we sincerely hope to be of service.



DARCO – Your partner for professional foot care!

Yours sincerely

Shashi Surpali
CEO DARCO Medical India Pvt.Ltd.

News & Notes

World Diabetes Day



Patient Education Videos: Prevention of Foot Ulcers and Amputation

With an estimated 50.8 million people living with diabetes; India has the largest diabetes population in the world.

The understanding of risk factors, foot maintenance and the need for regular foot examinations is essential for preventing foot ulcers in patients with diabetes. For people suffering from diabetes, education is a critical factor to empower them to take control of their condition and reduce the risk of ulcerations. With improved knowledge, skills and confidence, individuals integrate effective self-management strategies into their daily lives hence improving their quality of life. DARCO understands the importance of this and therefore is a proud sponsor of the International Consensus Diabetic Foot Guidelines which is developed by the IWGDF. In addition, DARCO India has published the IWGDF Educational Videos on our website!

Please follow this link
www.darco.in/education-videos.html



IWGDF International Working Group
on the Diabetic Foot



The universal symbol for diabetes.

The purpose of the diabetes symbol is to give diabetes a common identity

Featured Product

APB™ All Purpose Boot

The APB™ is an all season, postoperative boot. With its closed-toe design, it provides protection and keeps dressings clean and dry.

In the APB™ All Purpose Boot, DARCO uses the same proven sole technology as found in our MedSurg™ post-op healing shoe. The APB™ is designed to provide unparalleled versatility by accommodating both bulky dressings and most plaster or fiberglass casts. The closure system allows for a simple, two-sided application. The boot is completely closed and water-repellent.

Indications

- > used postoperatively for stability and mobilization
- > used with cast bandages for the foot and ankle

Purpose

- > stability, shock absorption and pressure redistribution after surgical procedures
- > in combination with the PegAssist™ insole system one can create interim solution for the diabetic foot in acute care

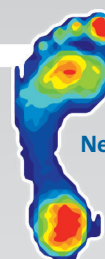
Features

- > this boot is fully closed and water-repellent
- > is constructed with same sole technology as the proven MedSurg™ healing shoe
- > low profile – no height compensation necessary
- > replaceable insoles are also available
- > can be worn on the right and left

Sizes: XS, S, M, L, XL
right and left fit

Please find detailed information on our website www.darco.in

Postoperative Care



Neutral



APB™



Compatible with
PegAssist™ Insole for
selective off-loading



Expertise

Conservative Treatment of a Bunion (Hallux Valgus) – is this possible?

The short answer is: YO (yes and no!). The problem is not an isolated Great Toe deformity. Almost always there is a underlying complex pathology like a splayfoot, Metatarsalgia, rear foot problems, etc. which leads to a bunion.

Conservative treatment often only addresses one, sometime two, seldom more of the potential pathologies. Foot gymnastics may be helpful in a very early stage, with a moderate deformity. But once an obvious visible bunion is developed, the tendon forces of the HV are already too strong to be compensated with gymnastics.

A very first and effective conservative way of treatment is the usage of comfort shoes with soft upper material, adequate width and deep toe box. This would also allow the usage of soft padding, cushioning and/or corrective insoles, which effectively off-load under prominent areas, i.e. head of MT1 or toe tips (in case of hammer toes). But the effects are purely static and do not show any improvement of the muscular situation. If the footwear is not wide and deep enough, the usage of therapeutic insoles can even be contra-indicated as this may cause additional pressure areas through volume increase (foot & insole).

Orthotics, like HV-Splints – mostly worn by night, can reduce the deformity in moderate cases, but they do not offer a permanent correction. Symptoms along with a bunion like bursitis, Shoe pressure pain, capsula expansion pain, lesser toe pressure pain do benefit from conservative treatments. The muscular misbalance resulting in non-physiologic tendon forces and bony deformities cannot be treated with a conservative therapy.

Conclusion: Preventive foot gymnastics and a proper fitting, foot form adapted footwear may reduce the occurrence of Hallux Valgus deformities. But once manifested, a painful Hallux Valgus deformity should – if there are no contra-indications – undergo a surgical therapy as only the symptoms can be treated conservatively whereas the causes require surgical intervention. Post-operative the operated area needs off-loading in a stabilizing off-loading or woundcare shoe, in an ideal manner with a rocker bottom outer sole.

by Raphael Boehm, Vice President DARCO Europe

Literature:

Wanivenhaus, A., Vienna, (2015) "Hallux Valgus konservativ behandeln – geht das?" JATROS, Ortho-Rheuma-Spezial, No2/S.78

Surgical Technique

Severe Hallux Valgus / MT1 Osteotomy & MTP Arthrodesis



Pics with courtesy of
Dr. H. Edelmann, Berlin, Germany



Events

September 2016

15th – 18th September 2016

23rd Annual conference of the vascular society of India & Second world congress of world federation of vascular societies, Bengaluru, Karnataka
www.vsicon2016.com

17th – 18th September 2016

17th Annual National Conference of Indian Association of Endocrine Surgery, Meerut, Uttar Pradesh
www.iaescon2016.com

17th – 18th September 2016

Diabetic Footcare – Podiatry Course, New Delhi
www.ipafootcare.org

October 2016

21st – 23rd October 2016

46th Annual Conference of Endocrine Society of India (ESICON 2016), New Delhi
www.esicon2016.com

November 2016

18th – 20th November 2016

44th Annual Scientific meeting of the Research Society of Study of Diabetes, Hyderabad, Telangana
www.rssdi2016.com

December 2016

2nd – 4th December 2016

WIROC 2016, Mumbai, Maharashtra
www.wiroc2016.com

9th – 11th December 2016

14th Annual National Diabetic Foot Congress – DFSICON 2016, Aurangabad, Maharashtra
www.facebook.com/dfsicon2016/

12th – 17th December 2016

61st Annual National Conference of the Indian Orthopaedic Association – IOACON 2016, Kochi, Kerala
www.ioacon2016.com

Imprint

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