

PICTORIAL CME

NEUROPATHIC EDEMA AND CHARCOT FOOT IN A DIABETIC PATIENT

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FIG. 1

FIG. 2

A 58 years nonalcoholic, non smoker, non obese with type 2 diabetes mellitus since 13 years, presented with wound on left big toe on its plantar aspect (Fig. 1) and decreased vision for six months. He was agriculturist by profession with history of working barefooted in the fields. he was taking oral hypoglycemic agents off and on. He was also having hypertension and retinopathy for 10 years, without treatment. On examination, he had ulcer on plantar aspect of left big toe with atrophy of foot muscles (Fig. 1). The right foot was swollen with dry, brittle skin diagnostic of neuropathic edema and nails thickened with clawing of toes (Fig. 2). X-ray both feet showed calcification of vessels especially dorsalis pedis artery of right foot as well as destruction of distal phalanges of left 1 big toe (auto-amputation) with involvement of first metatarsophalangeal joint of the right foot, diagnostic of neuro-arthropathy (Charcot foot). A charcot joint is a relative painless progressive arthropathy of a single or multiple joints caused by underlying neuropathy. The neuropathic joints commonly involved are in order of tarso-metatarsal, metatarsophalangeal, ankle and subtalar joints. The initial presentation is often a hot, swollen foot as seen in right foot, the precipitation event usually being a minor trauma.

LETTERS TO THE EDITOR

Dear Editor,

*This writeup is meant to create awareness about "Asthma as Public Health Problem" amongst the medical fraternity
Thanking you,*

*Your sincerely,
Ranabir Pal, Ankur Barua*

SLOW EPIDEMIC OF BRONCHIAL ASTHMA

Asthma is a serious global health problem. Prevalence of occupational asthma has been variable; it is detectable 10 or 11 years after beginning exposure and is much greater in cigarette smokers¹. People of all ages in countries throughout the world are affected by chronic airway disorders that can be severe and sometimes fatal. The prevalence of asthma is increasing everywhere, especially among children. Asthma causes significant burden, not only in terms of health care costs but also of lost productivity and participation in family life².

In addition, public health officials require information about the cost of asthma care, how to effectively manage this chronic disease, and best education methods in order to develop asthma care services and programmes responsive to the particular needs and circumstances within their countries. Accordingly, in 1993, the National Heart, Lung and Blood Institute collaborated with World Health Organization to convene a workshop that led to the global strategy for asthma management and prevention. A workshop report that presented a comprehensive plan to manage asthma with the goal of reducing chronic disability and premature deaths while allowing patients with asthma to lead productive and fulfilling lives³.

Throughout the world in the last 30 years there has been a steady, relentless increase in the prevalence of childhood asthma. According to the 50-nation international Study of asthma and Allergies in Childhood (ISSAC): (a) Asthma is a very common condition; (b) Its prevalence varies widely from country to country; (c) At age of six to seven years, the prevalence ranges from 4% to 32%; the same range holds good for ages 13 and 14⁴. The UK has the highest prevalence of severe asthma in the world⁵. In India, a questionnaire based study measured the prevalence of asthma in nine randomly selected Delhi schools. The current prevalence of asthma was found to be 11.9%. Assuming Delhi represents the whole of India, this means there are 40 million children in India, who suffer with

asthma⁶. the prevalence of asthma worldwide is 200 million with a mortality of around 0.2 million per year. Through the prevalence is more in the developed countries, the developing countries have a higher total burden of the disease due to differences in population. In India, the estimated burden of asthma is believed to be more than 15 million⁷. The population prevalence of asthma reported in different field studies is reported to be quite variable⁸.

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