

# ACTIVE CHARCOT FOOT

DIABETES INFORMATION  
AND ADVICE LEAFLET



معهد دسمان للسكري  
Dasman Diabetes Institute



KFAS

أحد مراكز  
Center

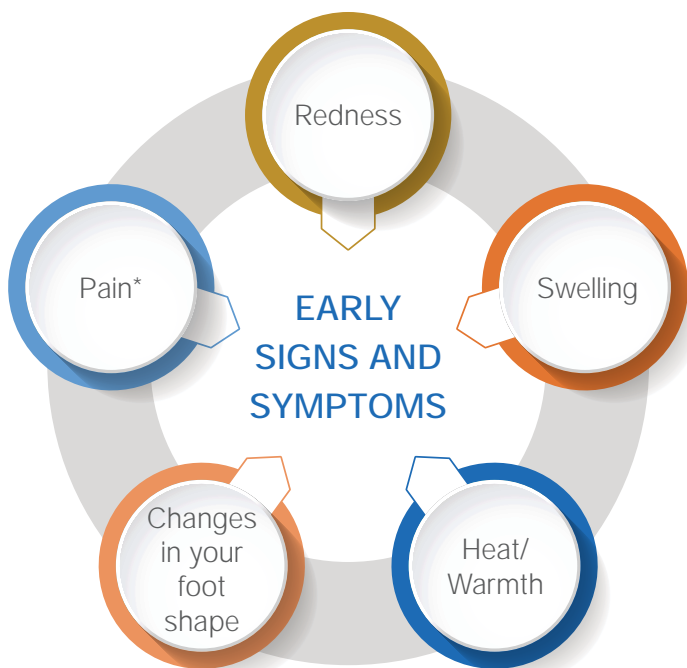


+ (965) 2224 2999

**CHARCOT FOOT** is a very serious diabetic foot problem that can develop if you have a loss of sensation in your feet. This condition usually affects one foot at a time.

Charcot foot can make the bones in your foot become soft and fragile, which means that they break very easily.

If you have a loss of sensation in your feet, you will be able to walk without feeling any pain. If this happens, your foot can become severely deformed. The shape of your foot will not return to normal, making it very difficult to find shoes that fit correctly.



\*can be completely painless

Charcot Foot can be difficult to diagnose and treat, so it is important that you see the Podiatrist regularly.



## STAGES OF CHARCOT FOOT

### The Active Stage:

- Your foot bones are soft and break easily.
- Your foot will be red, hot and swollen.
- Your foot will change shape if it is not managed correctly and quickly.
- Specialist below-knee footwear to support your foot bones and prevent changes to the shape of your foot.

### The Chronic Stage:

- Your foot bones have become firm and no longer break easily.
- Your foot shape is permanent.
- The redness, swelling & heat has resolved.
- You need specialist footwear to support the change in foot shape and prevent foot ulcers.

## ACTIVE STAGE TREATMENT OPTIONS

The aim of treatment during the active stage is to prevent changes in the shape of your foot, by using a below knee cast to support the bones in your foot.

## A TOTAL CONTACT CAST (TCC)

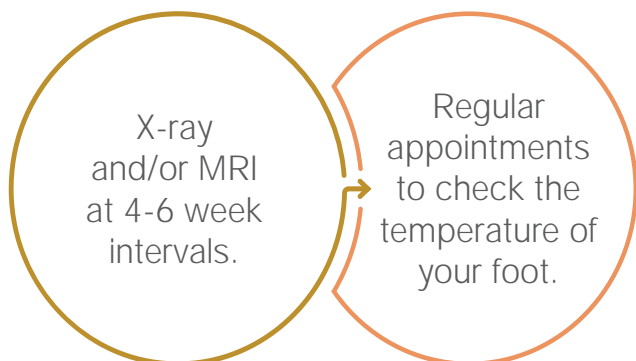
- Best treatment option.
- Non-removable (kept on 24hrs a day).
- Changed every one or two weeks.

## BELOW-KNEE CAST WALKER

- When TCC cannot be used.
- Can only be removed on the advice of the Podiatrist.
- You may need a prescription insole.
- If you have a severe foot deformity, below-knee walkers may not be suitable.

Whichever option is chosen, you will need to wear it until the temperature difference is consistently less than 2°C between your feet.

## OTHER TREATMENTS



If you experience any of these issues, call **22242999** to make an urgent appointment with your Podiatrist.


 [dasmaninstitute](#)

 [dasmaninstitute](#)

 [dasmaninstitutekwt](#)

 [dasmandiabetesinstitute](#)



 + (965) 2224 2999