

Advertorial



Charcot's foot used to be a horrifying and complicated medical condition, with one of its more extreme treatment options being amputation of the limbs. With the help of specialised foot and ankle orthopaedic surgeons like Dr Kannan of the Orthopedic Surgery Department in Tan Tock Seng Hospital (TTSH), utilising the latest minimally invasive techniques, it will no longer be a frightening ordeal for patients.

SAVE MY FOOT

Safer and Better Treatments for CHARCOT'S FOOT

Diabetes is a progressive condition that affects the body's sympathetic nervous system and the blood vessels in the lower limb. This usually leads to the weakening of the muscles in the thigh, leg and foot. It can also lead to an abnormal foot shape and swelling. This can progress from moderate swelling to severe deformity of the foot known as Charcot's foot.

In the past, to prevent further progression of the deformity, most patients were either placed in a cast for long periods of time or recommended to undergo amputation. With the progression of the deformity, these patients were also at a higher risk of developing ulcers and infections in their feet. Now, patients suffering from Charcot's foot will be able to regain their independence and mobility without having to go through extensive and complicated procedures.

LEADING CAUSE OF CHARCOT'S FOOT

To date, over forty different diseases could lead to the development of Charcot's foot. However, the current leading etiology of charcot's foot is none other than diabetes.

One of Dr Kannan's patients, Mrs

Josephine Tan (not her real name), 63, was diagnosed with Charcot's foot two years ago. Mrs Tan is one of the 11.3% of Singaporeans afflicted with diabetes.

Like many other diabetics, Mrs Tan has suffered from various diabetic related ailments, which stems from poor control of the disease. As a consequence, those ailments have restricted Mrs Tan from performing her daily routines. "As my urination became more frequent, my thirst became unquenchable and my body got tired more easily. What I found to be the biggest inconvenience to my daily life is the restricted mobility. It started with a tingling sensation and numbness in legs one day, and next thing I knew, I was wheelchair bound," says the former teacher.

BETTER AND SAFER TREATMENTS

Charcot's foot used to be seen as a complicated disease due to the arguable nature of its etiology. However, with the recent developments in the understanding

of the disease, better and safer treatments have been developed to help patients overcome the condition. Patients can now opt for treatments such as minimally invasive surgery and reconstruction in TTSH. Mrs Tan is one of the patients to get her Charcot's foot treated by Dr Kannan using the improved treatment methods.

“THE TREATMENT HAS GIVEN ME BACK MY LIFE. IT HAS ALLOWED ME TO DO EVERYTHING THAT I USED TO LOVE DOING AGAIN. I HAVE A DIFFERENT OUTLOOK ON LIFE NOW.”

SAYS MRS TAN

Dr Kannan s/o Kallyaperumal is a Consultant and Surgeon with the Orthopedic Surgery Department of Tan Tock Seng Hospital with a subspecialty interest in Foot and Ankle disorders. He graduated from the National University of Singapore and obtained his post-graduate qualification from the Royal College of Surgeons in Edinburgh, UK. He completed his subspecialty fellowship training in Switzerland and in the Netherlands, developing his competency in foot & ankle reconstruction and minimally invasive surgery (MIS) and arthroscopy of the foot & ankle.



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