

SMOKING EFFECT ON FEET PEOPLE WITH DIABETES

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Introduction:

diabetes is a chronic disease that occurs either when the pancreas does not secrete enough amount insulin or when the body cannot effectively use it.

Diabetes has reached epidemic proportions worldwide, currently 463 million people are suffering from diabetes all over the world, 88 million people in south Asia, 77 million people are in India with diabetes disease.

As we know the complication of diabetes mellitus but diabetic foot is one of the devastating complication well as the major source of the morbidity and mortality among the diabetes population, and its effect on the quality of life of the patient with diabetes. In India diabetic foot complication are still rising.

The total prevalence of the diabetic foot is all over the world is up to 13 % in diabetic patients. Every diabetic patient has 25% lifetime risk of developing diabetic foot.

Among the diabetic patients Age, Male Gender, Peripheral Vascular Disease, Peripheral Neuropathy, and Renal disease, sociocultural risk factor such as bare foot walking, poor knowledge about foot care, poor health care resources are common risk factors, but nicotine consumption or Cigarette Smoking also responsible to develop the diabetic foot disease.

The burden of diabetic foot complication poses a heavy challenge to patient as well physician, it effects on patient physical and socioeconomical condition especially in the India.

If you have diabetes and smoker or are already a smoker who refuse to give up, you have just invited big trouble for yourself. This is not warning it is a hard fact. Statistics from the studies across the world have shown that people with diabetes who smoke have 30-40% higher chance of failure control of blood sugar, eye, heart and the dreaded feet complications. This review article enclosed that how smoking or nicotine consumption effect on diabetic person feet.

Smoking is bad for you:

The effect of nicotine in cigarette on the cardiovascular system now been conclusively established. The cardiovascular system comprises the heart and the blood vessels that flow to end from the heart. The nicotine in cigarette causes multiple damages to the blood flow and the lining of the blood vessels. Long term smoking slow down the blood flow and damages inner lining of the blood vessels causing the fatty material in the blood to stick to the walls, which gradually becomes the 'atherosclerotic plaque', that causes narrowing of the lumen through which the blood flow and reduces the blood to the affected vessels. To give an example it is biggest cause of the heart attack, where the coronary vessels which supply blood to the heart start narrowing and one day the blood flow stops. As result, the patients get a heart attack which can be fatal. Similarly, the vessels that flow to the lower limbs gradually start narrowing, reducing the blood to the vital organs that are our feet thereby causing permanent damage in the ability to use our feet.

How smoking affects your feet:

In this article we are going to look at the damaging effect of smoking on the feet in patients with diabetes. I'm sure most of you know that feet are affected in long standing and the uncontrolled diabetes with serious complications like wounds, that do not heal, infection, pus formations, gangrene and cellulitis leading to amputation of the affected foot. This permanent disability not only takes away the quality of life, but also causes severe damages economic and the constructive ability of the individual. Thus, making the patients liable miserable for rest of his life. Many a time, cellulitis and gangrene can become fatal. The feet are affected because diabetes causes damages to the nerve that takes away their ability to feel pain and wound go unnoticed till they fester.

Diabetes also damages the small the blood vessels that flow to the feet affecting the healing process of the wounds on the feet. The quality of skin a muscle of the feet deteriorates when you have diabetes. The high sugar level in blood is an open invitation to virulent bacteria organism to continue to grow and cause serious infection, sometime even spreading in blood and causing damage to the other organs to the body. All these make the feet vulnerable to the infection, which may end up in amputations, and can be life threatening and cause septicaemia and death.

Smoking adds insult to injury:

The more cigarate you smoke, the higher your risk for type 2 diabetes. No matter what type of diabetes you have, smoking makes your diabetes harder to control. If your diabetes and smoke, you are more likely to have serious health problem. Smokers with diabetes have higher risk for serious complications, including:

- Heart and kidney diseases
- Poor blood flow in the legs and feet that can lead to infection, ulcer, and possible amputation (removal of a body part by surgery, such as the toes or feet).
- Retinopathy (an eye diseases that cause blindness)
- Peripheral neuropathy (damages nerves that supply blood to the arms and legs that causes numbness, pain, weakness and poor coordination).

People with diabetes who smoke have higher blood sugar level and less control over their blood sugar levels than non-smokers with diabetes. It has now been documented that smokers have higher resistance ton insulin. This can spell death knell for patients whohaveinfection and the need to be put on insulin to bring down blood sugar level to control infection. Even those do not have infection may need to control haywire blood sugar level. In such dire situation, smoker with diabetes become poor responders to treatment.

The other harmful effect of smoking is well known. Smoking has been clearly linked with cancer of the lungs and oral cavity smoking one cigarate causes a rise of 20 %-25% in the blood pressure in the first 20 minutes. This can lead to fatal strokes in the brain or heart. Nicotine damages the heart muscle, making it a poorly contracting pump thereby reducing its ability to pump blood efficiently and making and individual susceptible to cardiac failure.

The smoke that blows out of the nose and the mouth gradually blows out life. Its therefore extremely important to understand the hazards of smoking, especially in people with diabetes and impending organs damages and make urgent reparative changes., complete cessation of smoking it is the only way the harmful effects can be curbed and quality of life improved. Addiction to smoking is hard fought battle, but one must resolve to do it considering. The damages it does to an already diseased body.

To conclude:

Our feet are our most valuable possession because stand tall in the society on our own two feet. Diabetes affect their normal functioning gradually making them susceptible to infection and injury often leading to a handicapped assistance. Smoking only ensure that this happens. We need to take our feet as much as we take care our heart. Keeping diabetes in check with a proper treatment assures us a good and long life. Caring for our feet by being an extra vigilant ensure that we continue to lead our life without the help of crutches.

Smoking is a momentary pleasure with the capacity of doing long term harm to our life and limbs.

Stop smoking NOW! It may be too late to help if you don't.

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