

ABSTRACT:

Title; 'Most economical & most effective way of Off-loading'
'Mandakini System of Off-loading'

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Purpose; By 2025 India will be the capital of Diabetes .The number of Diabetics will be more than half of total number of Diabetics in the World. Out of this 15% to 20 % will be suffering from Foot Complications.85% of plantar Ulcers are 'Within out'.To treat these Ulcers We don't need expensive Topical antimicrobials but a economical,easy to apply,patient compliant,effective offloading system.

Objectives: Hubli is surrounded by 8 districts within 250 kms of radius.The total population of these 8 districts & Dharwad is 2 crore.We are looking at target population that is about 20 lakh population are at risk of Foot complications.The main objective is to salvage these 40 lakh lower limbs.
I have been practicing Foot Exploration Surgery since 1995.I have done more than 20,000 foot surgeries & I could achieve salvage in every case.They are followed up regularly since so many years.
The methods followed are very simple.The basis of success is Complete Off-loading of Foot done at Ulcer.The Patient is very Happy because he is ambulatory.The healing of Ulcer within 4 to 6 weeks.

Conclusion. DF PLANTAR Ulcers are commonest in Neuropathic Footh.If not off-loaded it gets worse & infection adding to severity leading to limb threatening DFI.This can be taken care effectively with

MANDAKINI System of Off-Loading system.No amount of topical antimicrobial will help in healing of plantar Ulcers but a simple Off-loading will heal it without any ointment.

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