

COMMON FOOT DISORDERS OF ELDERLY
PATIENTS & DIABETIC PATIENTS
老年人及糖尿病人的常见足部疾病

Dr. Ting Zhang

张婷婷 医生

- ⊙ Elderly people and diabetic patients have high risk of foot disorders, who should have routine foot care regularly.
- ⊙ 老年人及糖尿病人是足部疾病的高危险群，应按时做足部健康检查，如发现问题应及早治疗与预防。

COMMON FOOT DISORDERS

常见的足部疾病

- ◉ Dermatologic disorders
皮肤类疾病
- ◉ Orthopedic diseases
关节骨科类疾病
- ◉ Vascular disorders
血液循环类疾病
- ◉ Neurologic disorders
神经类疾病

DERMATOLOGIC DISORDERS

皮肤类疾病

- ◉ Fungal Infection/真菌感染:
 - Mycotic Nails/灰趾甲
 - Tinea Pedis/脚气
- ◉ Differential Dx of Discolored Nails (need nail biopsy):
引起趾甲变色的不同疾病（需要细胞化验来确诊）:
 - Mycotic Nails/灰趾甲
 - Subungual hematoma/甲床出血
 - Subungual Melanoma/甲床黑色素皮肤癌
- ◉ Treatment/治疗方式:
 - Nail Biopsy/细胞化验
 - Topical Antifungal Meds/外用抗真菌药物
 - Oral Antifungal Meds/内服抗真菌药物

DERMATOLOGIC DISORDERS

皮肤类疾病



DERMATOLOGIC DISORDERS

皮肤类疾病

- ◉ Ingrown Toenail

脚勾炎

- ◉ Severe cases can cause infection, even amputations in diabetic patients.

尤其糖尿病患者，严重的会引起细菌感染甚至截肢。

- ◉ The most common cause is incorrect nail cut.

引起脚勾炎最常见的原因是不正确的趾甲剪法。

- ◉ Recommend elderly patients to have nails cut by doctor.

建议糖尿病患者及老年人定期请脚科医生正确地修剪趾甲。

DERMATOLOGIC DISORDERS

皮肤类疾病

◎ Ingrown Toenail:



DERMATOLOGIC DISORDERS

皮肤类疾病

◎ Treatment of ingrown toenail/治疗方式:

- Correct Nail Cut(straight cross)

正确修剪趾甲

- In severe case, need partial nail avulsion

严重感染，需要做趾甲拔除手术

- Recommend to soak with epsom salt warm water or vinegar solution daily

建议脚勾炎患者应每天浸泡盐水或醋酸

ORTHOPEDIC DISEASES

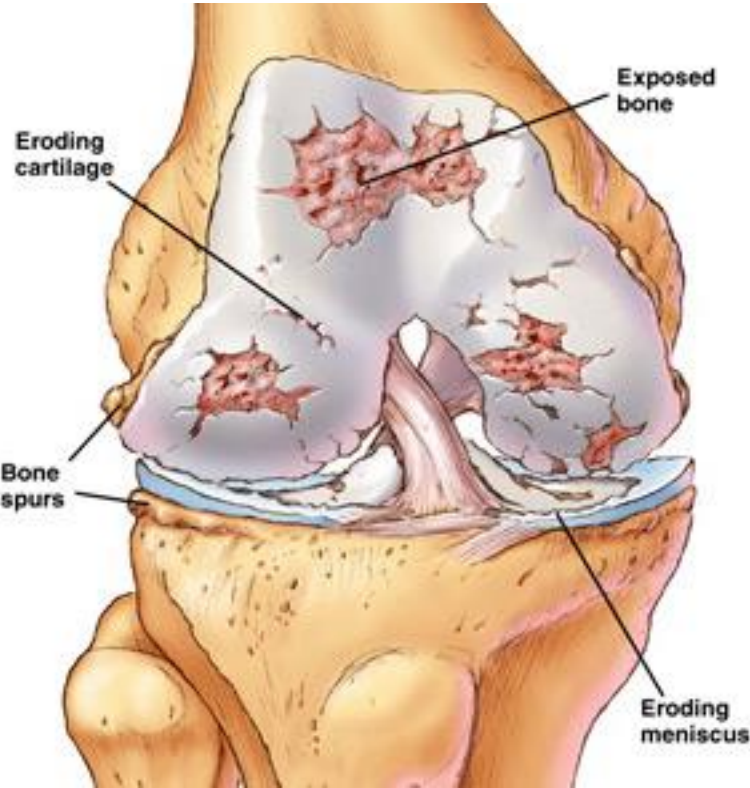
关节骨科类疾病

◉ Degenerative Joint Disease/退化性关节炎:

- Arthritis is inflammation, breakdown, eventually loss of cartilage in the joint (关节炎而造成关节疼痛, 变形及软骨地退化)
- DJD can cause foot deformity, arch collapsed, and heel pain (关节炎严重的会造成脚弓变形及脚跟痛)
- Treatment/治疗:
 - Exercises/运动
 - Orthopedic shoes & custom-made orthotics /健康鞋及特制鞋垫
 - Steroid injection/类固醇关节注射
 - Surgery/手术

DEGENERATIVE JOINT DISEASE

退化性关节炎



ORTHOPEDIC DISEASE

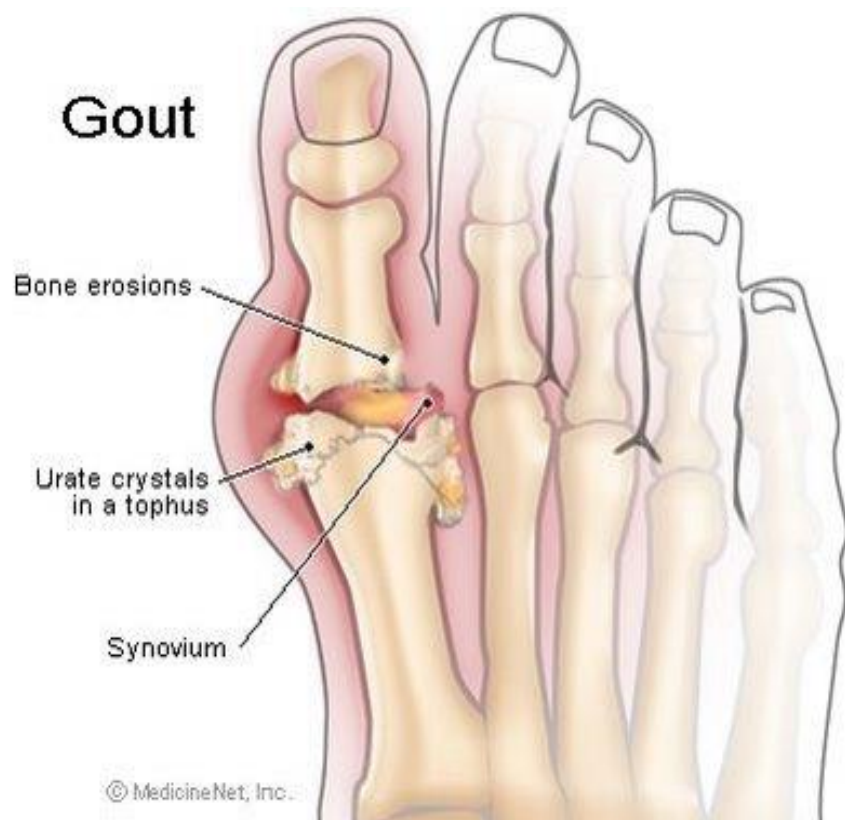
关节骨科类疾病

◎ Gout/痛风:

- High uric acid level causes pain, erythema, swelling at joints of foot. Commonly seen patient taking diuretic meds.
体内尿酸过高而导致关节红，肿及疼痛。尤其长期服用利尿类药物的老年人。
- Common site at 1st MPJ.
经常发生在大脚趾关节处。
- Treatment/ 治疗：
 - Diet control/ 控制饮食
 - Medication/ 药物治疗
 - Injection/ 关节注射
 - Surgery/ 手术

GOUT

痛风



ORTHOPEDIC DISEASE

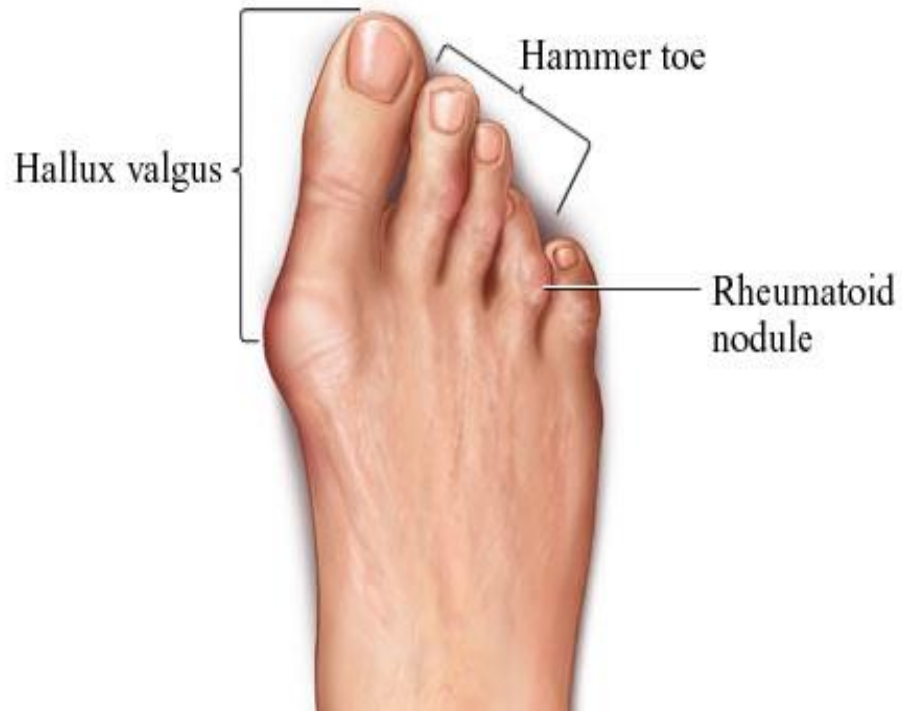
关节骨科类疾病

◎ Rheumatoid Arthritis/ 风湿性关节炎:

- Autoimmune disease leads to inflammation of the joints & surrounding tissues (自身免疫系统的疾病而引起的关节及周围软组织的炎症)
- RA also causes additional symptoms in the body including fatigue, loss of appetite, muscle aches & weakness.
还会引起虚弱, 胃口下降, 肌肉酸痛 等。
- Treatment/ 治疗:
 - Medications (DMARDs, NSAIDs, Antimalarial meds& Corticosteroids) / 药物治疗
 - Injections/ 关节注射
 - physical therapy/ 物理治疗
 - Surgery/ 手术

RHEUMATOID ARTHRITIS

风湿性关节炎



HEEL PAIN

脚跟痛

- Plantar Fasciitis (跟腱炎)
- Calcaneal Spur (骨刺)
- DJD (关节退化)

Treatment (治疗) :

1. Physical Therapy (物理治疗)
2. injection (类固醇注射)
3. Medication (药物治疗)
4. Orthotics (治疗型鞋垫)
5. Surgery (手术)

HEEL PAIN

脚跟痛



VASCULAR DISORDERS

血液循环类疾病

◎ Venous Insufficiency/ 静脉曲张:

- It can cause pain, edema, skin color change, even ulceration in the leg.
会造成腿部疼痛，肿胀，肤色变黑，甚至溃疡。
- Treatment/ 治疗：
 - Compression Stocking/ 静脉曲张袜
 - Surgery/ 手术

◎ Peripheral Arterial Disease/ 动脉血管堵塞:

- Cause leg cramping, skin color change, ulceration, eventually gangrene.
足部血液供应不良而造成腿痛，肤色改变，溃疡，甚至坏死。
- Treatment/ 治疗：
 - Exercises/ 运动
 - Blood Thinner Meds/ 稀血药物
 - Bypass Surgery/ 搭桥手术
 - Amputation/ 严重可导致截肢

VASCULAR DISORDERS

血液循环类疾病



NEUROLOGICAL DISORDERS

神经类疾病

◉ Peripheral Neuropathy / 周围神经系统疾病:

- Commonly Seen in Diabetic Patient / 常发生在糖尿病病人

- Symptoms / 症状:

- Numbness, burning, tingling, decreased sensation in the feet.

足部疼痛, 麻木, 失去感觉。

- Ulceration from Trauma / 足外伤所引起的溃疡

- Treatment / 治疗:

- Blood Sugar Control / 控制血糖

- Vit B12 injection / Vit B12 注射

- Medication (Neurotin, Lyrica, etc.) / 药物治疗

- Regular Foot Care to Prevent Ulceration / 定期足部检查以预防溃疡

PERIPHERAL NEUROPATHY

周围神经系统疾病



- ◎ Recommend elderly people and diabetic patients to have foot examination regularly to prevent and properly treat these disorders as above.
- ◎ 呼吁老年人及糖尿病人应按时做足部健康检查以预防及治疗上述疾病产生。

Dr. Ting zhang

张婷婷 脚科医学博士