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Healing of a diabetic foot ulcer without drugs: A case study**Amritha M K**

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Many a time treatment of a diabetic foot ulcer is influenced by co-morbidities restricting the outcome and the application of multilevel therapies leading to poor results. Here is a presentation of a diabetic male 56 year old, who was presented with an ulcer above the right lateral malleolus with a duration of 12 weeks, non-healing along with co morbidities of cyanotic congenital heart disease with secondary polycythaemia, chronic kidney disease, retinopathy and hypertension, managed in a diabetic foot clinic without drugs. From second treatment day onwards wound started showing improvement. Ulcer surface area, ulcer depth and pain intensity started decreasing. After 27 sessions of infrared LED light for 30 minutes and pulsed electromagnetic field for 45 minutes complete healing of the wound occurred. Infrared LED light therapy delivers monochromatic infrared light and visible LED light. This is known to increase microcirculation stimulate production of collagen, stimulate fibroblastic activity, increase lymphatic activity. Pulsed electromagnetic field therapy produces very low frequency electromagnetic waves of 1500 nanoteslas. Extremely low frequency magnetic fields have been known to induce cytoprotection and repair. ELF-EMF (extremely low frequency electromagnetic field) induces keratinocyte proliferation and modulates chemokine production through inhibition of NF KB signaling pathway and this may inhibit inflammatory process. Non healing ulcer in a diabetic individual leading to lower extremity amputation has been well documented. Co-morbidities like cyanotic congenital heart disease; chronic kidney disease, etc., contributes to poor healing of the ulcer.

Biography

Amritha M K has completed her MBBS from Bangalore University and MD in Internal Medicine from Kuvempu University, India. Based on her research interest she completed Diploma in Diabetology from Vinayaka University and Post Graduate certificate course training in Diabetic Foot from AIMS (Kochi). Her practice in Diabetes and Diabetic Foot Ulcers has led her to innovative methods of treatment. She is currently working on Innovative Methods of Treatment of Diabetic Ulcers and her area of interest is usage of Mistletoe therapy in gangrenous diabetic foot lesions.

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