



The E - Bulletin is a service provided from the in-house team of physicians (Specialists, GP's & the CEDARS Training Center) at the **CEDARS – Jebel Ali International Hospital** in order to raise awareness about health issues.

Foot Care

Our feet are one of the organs that participate in whole body health as most of body weight, forces, and daily stress are transmitted through the feet to other joints like knee, hip and spine. Healthy feet make movement easy such as sports. This in turn leads to a healthy heart, lungs and other organs.

An injured feet produce pain in knees and lower back, limping, abnormal force over other joints. This results to decreased physical activity, weight gain and disturbance in other organs such as heart, lung, kidney, etc.

The appearance of feet is important. Abnormal shape of feet, toes & arch of feet causes abnormal forces over some part of feet and produce sore, corn other disorders & abnormal wearing of shoes. If this happens, a person should wear proper shoes to correct the abnormal arch by arch support. You should also visit your Orthopedic doctor so he can advise the right treatment for you.

During daily activities our feet bear till 30 times of body weight.

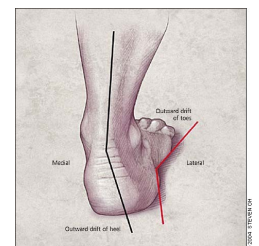


Common foot disorders



- **Hallux valgus or bunion** is the deformed appearance of big toe and other toes. This causes redness, pain, deformed toes & abnormal wearing of shoes. This disorder can be prevented in early stages with proper orthosis and in late stages should be operated.

- **Pes Planus or flat foot** is one of the common foot disorders that appears from early childhood. This cause early fatigue, leg pain and in late stage deform feet, toes, heel and (X) shape legs & knees (geno-valgum). It also produces pelvic and low back pain. Early diagnosis and prevention with proper shoes can prevent these complications.





- **Diabetics foot due to paresthesia** makes the person unaware of sore, cellulitis, infection, abscess. If this progresses, it can lead to amputation of lower limb.
- **Infection disease, fungal, warts of feet and nails** cause pain, discomfort, limping and decreased activities.



Taking proper care of your feet also helps you care for your other joints, ensure agility & enables you to enjoy your favorite sport & activities. This in turn keeps your body healthy.

Healthy feet for a happy life. ❖

Medical Consultant for February 2014



Dr. Farzad Ravari
Specialist Orthopedics

Dr. Farzad Ravari specializes in Traumatology (fracture & dislocation) by advanced techniques of AO. sports medicine, knee arthroscopic surgery, hip & knee joint replacement (arthroplasty), congenital deformity of upper & lower extremities, spine surgery.

He graduated from Shahid Beheshti University of Tehran in Sept. 1998 and later worked as Chief of the Orthopedic Surgery Department in Mofateh Hospital, a hospital affiliated with the university.

From 1998-2004 he was Chief of Orthopedic Surgery Department of Torfeh Hospital, another hospital affiliated with Shahid Beheshti University. He was the attending orthopedic surgeon & consultant at Azadi Hospital from 2004-2009.

He worked in the capacity of Specialist Orthopedic Surgeon in Arya Clinic, Dubai for 10 years before joining the CEDARS team as Specialist Orthopedic Surgeon.

About CEDARS - Jebel Ali International Hospital

Established in 1999, CEDARS – Jebel Ali International Hospital was the only full-fledged 24-hour medical center in the Jebel Ali area and it was upgraded into a hospital in August 2004. Today it is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres as well as with fully equipped Laboratory and Radiology departments. The CEDARS Training Center is offering classes in basic life support and advanced cardiac life support through an alliance with the American Heart Association (AHA). Further attached to the hospital are the 24-hour-pharmacy and two satellite clinics: Dr. Adnan Kaddaha Clinic (Bur Dubai). Projects to expand the hospital structure and add more services that enable CEDARS Jebel Ali International Hospital to become a comprehensive healthcare provider are under way.

CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

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