

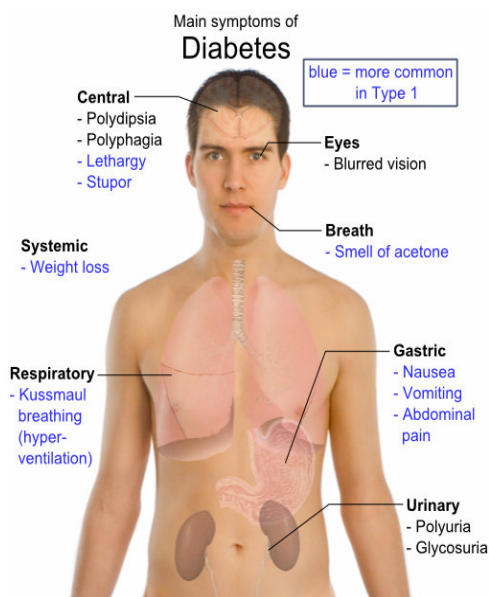
# Health News Review

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## SeaCell Medical Socks and diabetes

### What is diabetes?

Diabetes mellitus — often simply referred to as diabetes — is a condition in which a person has a high blood sugar (glucose) level as a result of the body either not producing enough insulin, or because body cells do not properly respond to the insulin that is produced. Insulin is a hormone produced in the pancreas which enables body cells to absorb glucose, to turn into energy. If the body cells do not absorb the glucose, the glucose accumulates in the blood (hyperglycaemia), leading to various potential medical complications.



There are many types of diabetes, the most common of which are:

- **Type 1 diabetes:** results from the body's failure to produce insulin, and presently requires the person to inject insulin.
- **Type 2 diabetes:** results from insulin resistance, a condition in which cells fail to use insulin properly, sometimes combined with an absolute insulin deficiency.

### Did you know?

There are currently over 2.6 million people with diabetes in the UK and there are up to half a million people with diabetes who have the condition and don't know it.

One of the main areas for medical complications in diabetes sufferers is the feet.

### How can SeaCell Socks help those who suffer with diabetes?

With diabetes, arteries can become rigid and blocked and fail to bring adequate blood, oxygen, nutrients and medications to injured areas of the body. Poor circulation in diabetics contributes to numerous problems occurring in the legs and feet, such as slow healing of injuries, bruising and damage to the arteries and nerves.



SeaCell Socks have multiple benefits for those suffering from the symptoms of diabetes. They are non-compressive and non-elastic, allowing proper circulation and preventing blood pooling in the feet. A unique knit top means the socks stay up without tightness, binding or marking, whilst the Lyocell fibre gives the socks an ultra-soft handle.

Another condition that commonly accompanies diabetes is Neuropathy, in which nerves in the feet and legs are damaged, resulting in a lack of feeling and numbness. With these conditions it is easy for cuts, blisters or sores to go unnoticed. Left unchecked, these can develop into calluses and ulcers and become infected.

### Did you know?

About 1 in 6 people with diabetes will develop a foot ulcer during their lifetime.

SeaCell Socks are designed to fit closely, but comfortably, in order to reduce pressure and the possibility of friction, rubbing or chafing. SeaCell Socks are also seamless to further enhance comfort and minimise risks of abrasion.

Finally, the blisters, sores and foot ulcers to which diabetics are prone can be exacerbated by excess moisture. This moisture can increase friction and further aggravate blisters and ulcerations. It can also act as a breeding ground for infection-causing bacteria. When blood sugar frequently goes above 250 mg/dL, white blood cells, which fight infections become sluggish and infections become more difficult to control. SeaCell Socks, with their porous and breathable Lyocell fibre, control moisture levels, and help lower the risk of infection.



## 10 top tips for diabetic footcare

**Inspect feet daily.** Check for cuts, blisters, redness, swelling, or nail problems. Use a magnifying hand mirror if possible.

**Wash feet in lukewarm water.** Keep your feet clean by washing them daily. But only use lukewarm water.

**Be gentle when bathing your feet.** Wash them using a soft washcloth or sponge. Dry by blotting or patting—and make sure to carefully dry between the toes.

**Moisturize your feet**—but not between your toes. Use a moisturiser daily to keep dry skin from itching or cracking. But DON'T moisturise between the toes—this could encourage a fungal infection.

**Cut nails carefully—and straight across.** Also, file the edges. Don't cut them too short, since this could lead to ingrown toenails.

**Avoid the wrong type of socks.** Avoid tight elastic bands (they reduce circulation). Don't wear thick or bulky socks (they can fit poorly and irritate the skin).

**Shake out your shoes and inspect the inside before wearing.** Remember, you may not feel a pebble—so always shake out your shoes before putting them on.

**Keep your feet warm and dry.** Don't get your feet wet in snow or rain. Wear warm socks and shoes in winter.

**Never walk barefoot. Not even at home!** You could step on something and get a scratch or cut.

**Get periodic foot exams.** See your foot and ankle surgeon on a regular basis for an examination to help prevent the foot complications of diabetes.

## What are the other benefits of SeaCell socks?

There is growing concern about the sustainability and origin of consumer products. SeaCell Silver Socks contain a renewable and also therapeutic natural substance: seaweed.

### Why Seaweed?

Seaweed is added to the Lyocell fibre of the socks for a very good reason: seaweed absorbs beneficial vitamins, minerals and nutrients present in seawater. This makes seaweed ideal for medical and cosmetic applications. In cosmetic products seaweed helps to activate the skin cell metabolism, ensuring that the skin remains fresh, firm, and smooth. In medical applications seaweed is regularly used to accelerate the healing of skin inflammations caused by infections or allergic reactions.



## How are the positive qualities of the seaweed transferred to the wearer of SeaCell Socks?

SeaCell Socks are constructed from a Lyocell fibre. These textile fibres have a porous, open structure which has the benefit of allowing humidity to pass through the fibre in both directions. Consequently, SeaCell Socks absorb what your skin expels whilst also transferring some humidity, along with the beneficial elements contained in the seaweed, back to your skin. Best of all, a special manufacturing process means that the seaweed is permanently incorporated into the fibre. So, even after repeated laundering, SeaCell

Socks will continue to transfer the beneficial properties of the seaweed to the wearer.

## What is the benefit of the silver content in SeaCell Socks?

SeaCell Socks are also enriched with pure silver. Silver has been known to have antibacterial properties since ancient times. The positively charged silver ions within the fibre have a naturally antibacterial and antimicrobial effect, inhibiting microbe growth on the skin and therefore guarding against odour and discomfort. The antimicrobial properties of the fibre have been confirmed by tests carried out at the Hohenstein Institute of Germany as well as trials at the University Hospital of Jena. All this results in a fabric that neutralises odours and keeps feet feeling wonderfully fresh and clean.

## SeaCell socks and sports

The European manufacturing base for SeaCell Socks is in fact owned and run by a former Olympian. His vision was to create a range of performance socks made from innovative yarns that would aid sports practitioners through supreme comfort and coolness. These socks have been worn by participants at the Beijing Olympics and many at this year's winter Olympics will also be equipped with them after the Polish Olympic Committee ordered significant quantities for Polish athletes.

