Question 4  Endocrinology
Diabetic neuropathic arthropathy is most likely to affect which of the following areas?
A. Knee.
B. Mid-foot.
C. 1st metatarsophalangeal joint.
D. Elbow.
E. Ankle.

Diabetes is the most common cause of neuropathic (charcot) arthropathy
Diabetic neuropathic arthropathy most commonly affects the joints of the foot and ankle
Most frequent joints are
1) tarsus
2) tarsometatarsal
3) metatarsophalangeal joints
4) ankle

We know diabetes often affects the feet so we battle between the answers B and C. But the Charcot's joint is common amongst diabetic foots where there is collapse of the foot arch. Therefore it would be **Answer B**.

Pathogenesis:
- combination of mechanical and vascular factors
- lack of proprioception,

Clinical features:
Variable presentations:
- sudden onset of unilateral wart, redness and edema
- history of minor trauma
- slowly progressive arthropathy
- collapse of arch of midfoot and bony prominences

Diagnosis:
**Examination:**
- presence of peripheral neuropathy
- portals of entry of infection
- joints with effusion aspiration - ? organisms, ? crystals

**Radiological findings** (depends on stage)
- early → soft tissue swelling, loss of joint space, osteopenia
- osteolysis of phalanges
- stress #

Treatment
Acute: NWB till resolution of swelling and redness
Well fitting shoes
    Oral bisphosphonates → better pain control and increase bone mineralization
Late: irreversible, surgery avoided, good foot wear to even pressure areas out.