PODOCONIOSIS
A GUIDE FOR FARMERS

WHAT IS PODOCONIOSIS?
Podocnosis is a painful non-infectious disease. It is a type of elephantiasis resulting in a large swelling of the lower legs.

Podocnosis is caused by working and standing in the irritant red clay soil found in highly elevated regions, usually near volcanoes.

Podocnosis tends to start in the foot with skin itching which can then crack. It can occur in one or both lower legs. Swelling is rare above the knee.

Treatment Equipment:
- A basin
- Dilute antiseptic solution
- A bar of soap
- Anti-bacterial cream for those that have infected skin
- Pressure dressings
- A pair of socks
- Shoes to wear in the day

No.1

The legs and feet are soaked in a dilute antiseptic solution and then washed with water and a bar of soap

No.2

Next a moisturising lotion is put on the skin and then the legs and feet are bandaged.

No.3

Damaged relationships

Isolation from church and community

Loss of income

Unable to work

An inflammatory reaction in the lower leg and foot as the lymphatic system is damaged.

The minerals found in red clay soil can cause hard nodules to develop, often with different shaped out-growths due to changes in the connective tissue.

The feet often develop hard nodules made up of fibrous lumps with social stigma

Misperceptions

Psychological effects

Rejection

Difficulties, pain and colour

You cannot catch podocnosis by touching an affected person

No.5

Further contact with soil and wear shoes

No.4

Exercise can really help reduce the swelling by improving lymph drainage.

Back at home Emelolla withdrew from daily life and didn’t go out of the house. Hidden and shunned she endured the painful and disfiguring swelling for four years until her brother heard about a clinic set up to treat Podocnosis and brought her there. After one week of daily treatment she began feeling better.

Today Emelolla is married with a family. She helps others treat Podocnosis and spreads the word that Podocnosis can be 100% prevented by wearing shoes.

Emelolla’s Story

Emelolla worked with her family on their farm. When she was 16 she noticed her feet had started to itch and crack. Emelolla thought it would go away if she did nothing, but it didn’t.

Her family had arranged for her to be married, but her intended husband refused to marry her because of her deformed feet and legs. He wrongly thought that she was cursed and unfit to be a wife.

Precontemplation

No recognition of need for change

Contemplation

Thinking about change

Preparation

Planning for change

Action

Adopting new habits

Maintenance

Practising new healthier behaviour

Who Can Help

The Moss Foundation www.mossyfoot.com trains previous sufferers of Podocnosis in your area to bring prevention messages to your local school, community and mosque.

It also operates vocational training where podocnosis patients can learn a new profession such as shoe-making, beauty therapy and social work.

TOMS Shoes have made a commitment to give a pair of shoes to every child of affected parents in their One for One Campaign.

Other organisations that can help:

Footwork www.pods.org

International Orthodox Christian Charities www.iocc.org

The Centre for Compassion and Global Health www.ccgah.org

Tropical Health Alliance Foundation www.thaf.org

REFERENCEs


