KENNETH ANDERSSON/EYE CANDY

Dr Modisapodi shook his head. 'You are a very clever lady, Mma Ramotswe,' he said after a while. 'I don't think that I'm giving too much away if I say that you're right.'

Mma Ramotswe took the praise in her stride.

'And I suppose that you're going to say ...' Dr Modisapodi began.

'Yes,' said Mma Ramotswe. 'Redbush tea. That is the best thing for one who is unhappy, Rra. Redbush tea raises the spirits.'

Dr Modisapodi stared at his patient. She is a very unusual woman, he thought; what they say about her is correct; very unusual. 'I am very surprised,' he said. 'You seem to know everything, Mma Ramotswe; you really do.'

Mma Ramotswe smiled. 'But anybody can tell what I can,' she said. 'One learns about people by watching

them, Rra. And people are very predictable; they always do and say the same things.'

Dr Modisapodi looked down at his desk. 'So I suppose you know exactly what I'm going to say, Mma Ramotswe?'

She laughed. 'You're going to tell me to lose weight, and ...'

'And you won't do it,' said Dr Modisapodi.

Mma Ramotswe shook her head. 'I would like to try,' she said. 'But somehow ... Well, Rra, I am a traditionally built woman.'

'Of course you are.'

There was silence. Then Dr Modisapodi spoke again.

'Of course, it's doughnuts that are the problem, aren't they?' he said quietly.

Mma Ramotswe sat up in her seat. 'How do you know that, Rra?' she asked.

The doctor smiled. 'Because I can see some sugar on the front of your dress, Mma. Doughnuts are coated in sugar, aren't they, especially those from the stall near your office.'

Mma Ramotswe's face broke into a grin. 'You're learning,' she said.

'But I've always known,' he said. 'Most doctors do.'

'So you could do my job?' asked Mma Ramotswe.

Dr Modisapodi looked thoughtful. He had made a guess about the doughnuts; there had been no sugar. Should he tell her?

He looked out of the window. It was hard being a doctor sometimes.

Competing interests: AMcCS has no interest in any companies producing redbush tea, but has a small shareholding in supermarkets that sell it.

The 10 commandments of the diabetic foot

Every 30 seconds a leg is still lost because of diabetes somewhere in the world. In order to improve diabetic foot care, we need simple rules—the 10 commandments of the diabetic foot:

1. I am thy foot forever. Take good care of me, for thou shalt have no foot other than me¹
2. Thou shalt regularly debride me, when I develop callosities and ulcers²
3. Thou shalt fit me with casts and insoles to offload my high pressure areas³
4. Thou shalt carefully look for early signs of infection in me and treat it aggressively⁴
5. Thou shalt diagnose ischaemia without delay and revascularise me⁵
6. Thou shalt educate all patients how to examine me and take care of me⁶
7. Thou shalt carefully inspect the shoes that I have to wear and encourage the use of appropriate footwear⁷
8. Thou shalt continuously aim to achieve tighter blood glucose control for me⁸
9. Thou shalt not commit amputation on me, unless there is a compelling reason⁹
10. Thou shalt not covet thy neighbour's amputation rates, but try to improve yours⁹

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