



VASCULAR & ENDOVASCULAR
SURGICAL SOCIETY OF
MAHARASHTRA AND GOA

DIABETIC FOOT

FOOT ULCERS ARE NOT
ALWAYS NORMAL!



DIABETIC FOOT

MAGNITUDE OF THE PROBLEM IN INDIA

Diabetic population	30 million
Foot complications in diabetic patients	40%
Compromised blood circulation	6%–16%
Neuropathy	30%-50%

15% of Diabetics would develop foot ulcer in their life time.

GROUPS AT THE HIGHEST RISK FOR DEVELOPING DIABETIC FOOT PROBLEMS

- Uncontrolled Diabete
- Neglected foot care
- Associated Neuropath
- Associated Peripheral Arterial Disease/smoking

WARNING SIGNS

Consult your doctor immediately if you see any of the following alarming signs on your feet:

- Wound/ulcer development
- Abnormal swelling
- Redness/localized pain
- Blister development
- Cuts/injury/broken skin on toes/heel
- Callus/corn development
- Nail or toes color changes (blue/black)
- Burning pains in legs/feet, worsening at night.
- Sharp leg cramps after walking some distance
- Feet feeling cold
- Tingling, pins and needles sensation, numbness in the feet (neurologic symptoms)
- Slippage of 'chappals' from feet while walking (neurologic symptoms)



Figure 1: Ulcer development



Figure 2: X-ray depicting osteomyelitis of the foot

MYTHS ABOUT DIABETIC FOOT TREATMENT

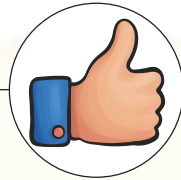
MYTHS

Technically not feasible to perform



Routinely performed by experts

High chances for treatment failure



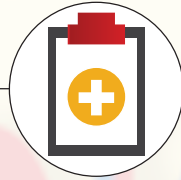
Very good success rate

Very costly



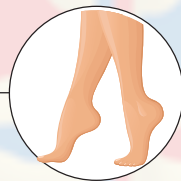
Cost-effective treatment

Limb amputation is inevitable



Rarely required provided timely treatment is carried out

Good quality artificial legs are better for lifestyle



Nothing is comparable to one's own legs

TREATMENT

How can a vascular surgeon help?

- Wound cleaning procedure and antibiotics
- Complete non-weight bearing of the involved extremity (special footwear)
- Dedicated diabetic foot wound dressing/vacuum-assisted closure (VAC) dressing
- Teaching foot care to patients
- Revascularization or re-establishment of blood flow to the feet for non-healing wounds when needed



Why?: To save the foot, leg.

Goal: To Maximize foot blood circulation for wound healing

Treatment options:

1. Balloon angioplasty
2. Vascular stenting
3. Bypass surgery



Figure 3: Debridement surgery

SUMMARY

- Limb ischemia affects a large number of Indian diabetic patients
- A revascularization procedure can save your leg! Functional limb salvage should be attempted in nearly all patients.
- The advances in technology has got minimally invasive endovascular procedures at par with surgery, even in high risk patients.
- Mid- and long-term costs of amputation are much higher than vascular reconstruction. Costs and complications are lower and results better if referred earlier.

Take care of your feet.



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Courtesy:internet

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