

### 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.**



Vascular Society of India

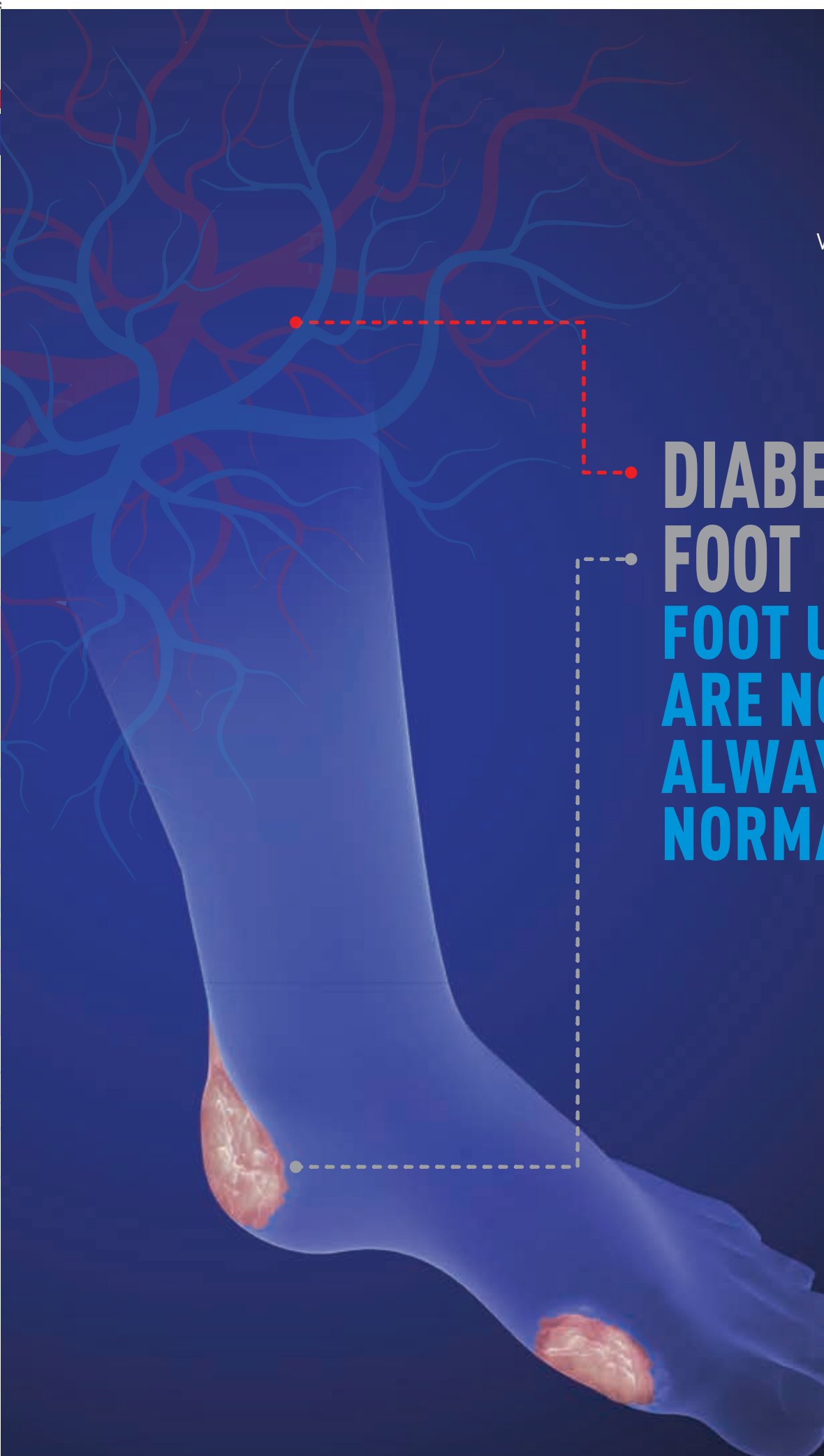
Web: [www.vasularsocietyofindia.com](http://www.vasularsocietyofindia.com)

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**DIABETIC  
FOOT  
FOOT ULCERS  
ARE NOT  
ALWAYS  
NORMAL!**



FOR PATIENT INFORMATION /  
EDUCATIONAL PURPOSES



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# 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 Diabetes
- Neglected foot care
- Associated Neuropathy
- Associated Peripheral Arterial Disease/smoking



Figure 1: Ulcer development



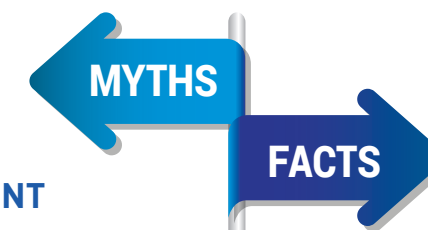
Figure 2: X-ray depicting osteomyelitis of the foot

## 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)

## MYTHS ABOUT DIABETIC FOOT TREATMENT



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