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 have 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.
**DIABETIC FOOT**

**MAGNITUDE OF THE PROBLEM IN INDIA**

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<tbody>
<tr>
<td>Diabetic population</td>
<td>30 million</td>
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<tr>
<td>Foot complications in diabetic patients</td>
<td>40%</td>
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<tr>
<td>Compromised blood circulation</td>
<td>6%-16%</td>
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<tr>
<td>Neuropathy</td>
<td>30%-50%</td>
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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

**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]

**TREATMENT**

How can a vascular surgeon help?

- Wound cleaning procedure and antibiotics
- Complete non-weight bearing of the involved extremity [special footware]
- 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

**MYTHS ABOUT DIABETIC FOOT TREATMENT**

<table>
<thead>
<tr>
<th>MYTHS</th>
<th>FACTS</th>
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<tr>
<td>Routinely performed by experts</td>
<td>Rarely required, provided timely treatment is carried out</td>
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<tr>
<td>High chances for treatment failure</td>
<td>Very good success rate</td>
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<tr>
<td>Very costly</td>
<td>Cost-effective treatment</td>
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<tr>
<td>Limb amputation is inevitable</td>
<td>Nothing is comparable to one’s own legs</td>
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<td>Good quality artificial legs are better for lifestyle</td>
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