

Recognition of High-risk Foot

Seena Rajsekar, Bamila S

INTRODUCTION

India is now known as the diabetic capital of the world. Approximately 3.5 crore people are living in India with diabetes, and this figure is expected to increase to 5.2 crore by 2025.^{1,2} Insulin deficiency, insulin resistance, constant hyperglycemia, and dyslipidemia lead to chronic complications. Diabetic foot ulcers (DFUs) are considered a long-term complication of diabetes, which is preventable. The complications of diabetes are of micro and macrovascular origin.³ Diabetic foot-related problems are one of the most common problems in people with diabetes. Foot-related problems among people with diabetes are a huge economic burden in India.

SCOPE OF THE PROBLEM

Diabetic peripheral neuropathy (DPN) and peripheral arterial disease (PAD) are well-known common long-term complications of diabetes, and although a proportion of people with DPN and PAD have severe and debilitating pain, many are asymptomatic.⁴ However, despite the lack of symptoms, people with DPN and PAD are known to be at high risk of foot complications, including foot ulceration, infection, and amputation. DPN and PAD are the main causes of non-traumatic lower limb amputation. Screening patients at increased risk for developing foot ulcers is believed to constitute a cost-effective strategy to control progression to end-stage complications.

SOCIOCULTURAL PRACTICES IN INDIA

The hospitalization costs were significantly higher in people with diabetic foot complications compared with people with other diabetic complications, and