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Prevalence of Foot Ulceration and High Risk Group for Foot Ulcers in Moscow – a Population Based Study.

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Introduction: In the last decade guidelines on prevention and management of the diabetic foot have been formulated. One of the key points is the identification of high risk group for foot ulceration with preventive care in this group. Furthermore targeting the high risk group will result in a more effective use of resources. But there are lack information concerning prevalence of this high risk group for foot ulceration.

Aim: to assess the prevalence of 1) peripheral neuropathy, 2) peripheral vascular disease, 3) high risk group of patients for foot ulceration and 4) foot ulceration in diabetic patients of Moscow population. **Materials and Methods:** The diabetic patients who had admitted to the outpatient clinics of endocrinology from the 1 st of April to 30 th of December 2005 were screened on the presence of diabetic neuropathy (DN), peripheral vascular disease (PVD), foot ulceration (DFU). Neuropathy was defined by standardized examination as the presence of abnormalities of at least two of the following criteria: symptoms, sensory and motor signs. Vibration perception threshold were assessed using tuning fork. 10 g monofilament was used to estimate the pressure perception. The presence of PVD was evaluate using ultrasound Doppler with ankle-brachial index calculation. According to the Risk Score of the International Consensus of Diabetic Foot each patient was scored as 0,1, 2 or 3 risk group. **Result:** The total amount of 4491 patients was analyzed. The mean age was $62,9 \pm 11,5$ years, type 1 / 2: 267 (11%) / 4007 (89%), the known duration of diabetes was $10,6 \pm 8,47$ years. The prevalence of DN was 75% (3434), PVD- 23% (1035), DFU was 9% (408), neuropathic ulcers- 5.6% (253), neuroischemic - 3.3 % (150), ischemic 0.08 % (4). The prevalence of high risk group (HRG) was 22% (956) for group 2 and 5% (226) for group 3. Among HRG only 10% of patients can not feel the vibration and 5% was not able to feel 10 g monofilament. Among DFU group the quantity of patients with severe signs of DN was following: absent vibration 1.9% (!), absent pressure perception 6.4 %. **Conclusion:** The DN and PVD are frequent complications of diabetic population, but only third part of them had risk of foot ulceration. The prevalence of DFU was 9%, most of them was neuropathic. So as less than 10% of patients with foot ulceration had severe signs of neuropathy further investigations are need to analyze this phenomenon with providing additional tools for high risk group identification.