

Incidence of Diabetic Foot Ulcer (DFU) in a Diabetic Clinic in Eastern India and risk factors for DFU (A Retrospective Study)

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Background: Diabetes Mellitus is an epidemic in India affecting around 62 million Indians. DFU's affects 15% of Diabetics during their lifetime and precede almost 85% of foot amputations. **Aims and Objectives :** This study evaluates the incidence and risk factors for DFU. **Materials and Method :** Data of 5200 diabetic patients registered at S K Diabetes R & E Centre , from May 2007 to Dec 2012, were evaluated **Result :** The incidence of DFU in this study population was 9.92 %. 516 patients (Male = 371 & Female = 145) with average age of 56.1 yrs (36-85 yrs), Average duration of diabetes of 15.26 yrs (1-40 yrs), average HBA1C of 11.2 % (8.1 - 12.5%), average BMI of 28 (21-34). 99 patients had H/O Smoking and or Tobacco abuse.

437 patients (84.68%) patients had Neuropathic Ulcer, 49 patients (9.49%) had Neuroischaemic Ulcer and 30 patients (5.81%) had Ischaemic Ulcer.

425 patients (82.36 %) had Unilateral ulcer and 91 patients (17.63 %) had Bilateral Ulcer

167 patients (32.36%) had DFU at Great Toe, 41 patients (7.94%) at 1st MT Head, 25 patients (4.84%) at 3rd MT Head, 43 patients (8.33%) at 5th MT Head , 67 patients (12.98 %) at Heel area and 173 patients (33.52%) had DFU at other location.

Conclusion : In this retrospective study it was observed that the following are the major risk factors for DFU:

1. Male Sex (71.89 % of the patients were male)
2. Long duration of Diabetes (The average duration of diabetes for patients who developed DFU was 15.26 yrs)
3. Poor Glycaemic Control (The patients had poor glycaemic control with average HBA1C of 11.2%)
4. High BMI (The patients had an average BMI of 28)
5. Smoking and or tobacco abuse.
6. The most common sites for DFU are Great Toe, 1st, 3rd, 5th Metatarsal Head and Heel area.