

Wound healing and recurrence of lesions in patients with diabetic foot ulcers in a tertiary center

Julia K. Mader¹, Almira Dolic¹, Waltraud Haas¹, Thomas R. Pieber^{1,2}, Gerlies Treiber¹ Endocrinology and Metabolism, Medical University of Graz, Graz, Austria
²HEALTH - Institute for Biomedicine and Health Sciences, Joanneum Research GmbH, Graz, Austria

Background and aims: Diabetic foot ulcers are chronic wounds in which wound healing is slow and recurrence rates are high. With this analysis we wanted to assess wound healing rates and factors influencing wound healing in patients with a diabetic foot ulcer.

Materials and methods: A retrospective analysis of patients presenting for the first time with diabetic foot ulcer at our outpatient facility in 2010 was performed. Patients were followed up for one year after first presentation. Descriptive statistics were applied.

Results: 81 patients (27 female, 78 with type 2 diabetes) could be identified. 19 patients did not have a second consultation therefore only 62 patients could be included in the analysis. At first presentation patients age was in average 68 ± 11 years and mean A1c was $7.3 \pm 1.8\%$. 25 patients had more than one ulcer at initial presentation; the maximum number was four ulcers at his first visit. Mean wound healing time was 97 ± 75 days (range 7-330 days). During the course of one year, ten patients had a second ulcer, five patients had a recurrence of the initial ulcer and in 26 cases there was no wound healing within one year. The ulcer(s) healed within 1 year in 59% of female and 57% of male patients. In patients ≥ 65 years ulcer(s) healed in 62%, in patients < 65 years in 52%. **Conclusions:** In our outpatient clinic diabetic foot ulcers occurred more frequently in male patients. Wound healing rates were similar between male and female patients. Patients older than 65 years had a slightly higher wound healing rate than younger patients.