

5th World Congress on **Diabetes & Metabolism**

November 03-05, 2014 Embassy Suites Las Vegas, USA

Prevention of new and recurrent diabetic foot ulcers

Michael B Strauss

Long Beach Memorial Medical Center, USA

Introduction: The adage “an ounce of prevention is worth a pound of cure” is especially applicable for diabetic foot problems. Four strategies must always be addressed for the prevention of new and recurrent diabetic foot ulcers (DFUs). This presentation discusses these strategies and introduces a tool to quantify patients’ aspirations.

Methods: Over a 35 year period I have become increasingly focused on managing DFUs and observed that some diabetic patients with profound neuropathies and even Charcot foot deformities never develop foot wounds or if they present with foot wounds, once healed, do not experience recurrences. An analysis from these experiences resulted in the generation of four strategies and the use of a tool to measure patient aspirations that are almost universally effective in preventing new and recurrent DFUs.

Findings: The 4 prevention strategies include: 1) Patient education consisting of recognition of risk factors for developing DFUs, do’s and don’ts for diabetic feet & establishment of realistic levels of activity, 2) Skin and toenail care, 3) Selection of appropriate diabetic footwear and 4) Proactive surgeries to prevent ulcerations and correct deformities. The other component of the prevention of DFUs is the use of a 0 to 10 easy to use, objective scoring tool to measure patient aspirations and provide sound criteria for how frequent a patient needs to be rechecked to prevent DFUs.

Conclusions: DFUs can be prevented. The use of 4 prevention strategies paired with objectively assessing the patient’s aspiration is invariable effective in preventing DFU’s.

MStrauss@memorialcare.org