

## **Diabetic Foot**

Rani Al-Agha, MD, FRCS (Ire), CABS\*

Jayesh Sheth, MBBS, MS\*\* Esra Sami, MBBS, MS\*\*\*

Ghassan Alfaqawi, MBBS, CABS, MRCS\*\*\*\*\* Nair Gopalan, MS, MCh, FACS\*\*\*\*\*

### **ABSTRACT**

**Background:** Diabetic foot adds significant morbidity and mortality to patients. Diabetic patients with foot complication require significant foot care and have a risk of limb amputation. The risk factors are controllable and can be prevented with careful blood glycemic control.

**Objective:** To determine the risk factors and personal characteristics of diabetic foot patients and their impact on the socioeconomic status in Bahrain.

**Design:** A Prospective descriptive study.

**Setting:** Vascular and Thoracic unit, Salmaniya Medical Complex, Bahrain.

**Result:** Eighty-seven patients with diabetic foot were admitted in the Vascular and Thoracic surgery service from March to June 2010. Seventeen (20%) were non-Bahraini. The majority of diabetic foot patients were male, 60 (69%). Sixty-eight (78%) were diagnosed as first presentation of diabetic foot. Fifty-eight (66.5%) were 40-60 years old. Sixty (69%) were diagnosed with neuropathic foot. Thirty-five (40%) patients were diagnosed with diabetes mellitus for 10 years or less. Sixty-one (70%) patients had HbA1c more than 7. Twenty-two (25%) patients had amputation as a primary treatment. Seventeen (19.5%) patients required minor amputation and 5 (5.5%) patients had major amputation.

**Conclusion:** The majority of patients with diabetic foot in Bahrain are males in the productive age group. A significant number of these patients undergo amputation as a primary treatment; these patients are increasing the socioeconomic burden to the health services in Bahrain as well as to the community.