

ENDOCRINOLOGY, DIABETES AND METABOLISM

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Predictors of diabetic foot ulcer in type 2 diabetes mellitus**Mohammed Badedi**

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Background: Diabetic Foot Ulcer (DFU) is a serious complication of diabetes that can lead to amputation, disability and deteriorating quality of life.

Objectives: This study assessed potential factors associated with DFU development among patients with type 2 Diabetes Mellitus (T2DM) in Jazan city, Saudi Arabia.

Methods: A case-control study design was conducted among 191 Saudi patients with T2DM selected randomly. The participants distributed as 96 cases with DFU compared to 95 control patients with T2DM who do not have a foot ulcer (1:1 ratio). The data were collected retrospectively by reviewing participants' health records. A chi-square test, independent t- test, and binary logistic regression model were applied in the statistical analysis using the SPSS program.

Results: It was found that the highest proportion of DFU was amongst males and participants older than 45 years. Participants who were illiterate, smokers, and participants with poor feet self-care were the significant groups of patients who had DFU. Participants who were physically inactive and who spent a lot of time standing at work were also more likely to have DFU. Furthermore, neuropathy, vasculopathy, nephropathy, retinopathy, decreased visual acuity, hypertension, and chronic heart disease were significantly associated with DFU. Additionally, previous history of DFU, long duration of T2DM, poor glycemic control, foot deformity, Charcot foot, plantar calluses, and lower limb edema increased the risk of DFU development.

Conclusion: These findings show that there were multiple factors associated with DFU development among patients with T2DM in Jazan city. This indicates the importance of establishing prevention, screening, and educational programs that may reduce the occurrence of DFU.

Biography

Mohammed Badedi has completed his Board Degree in Community Medicine (MD) at the age of 30 years from Saudi Health of Health Specialities in Saudi Arabia, and postdoctoral degree in Diabetes Best Practice from University of Southampton, School of Medicine, UK. He is the vice head of research ethics committee in Jazan hospital, Saudi Arabia. He has published more than 4 papers in reputed journals and 5 papers under publication process.

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