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Prevalence of podiatric alterations in geriatric patients with chronic diseases**Fatima Belen Curiel Lopez, Aurora Espinoza Valdez and Ricardo Antonio Salido Ruiz**
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Diabetic neuropathy (DN) is a heterogeneous set of clinical or subclinical manifestations affecting the peripheral nervous system (PNS) as complication of diabetes mellitus (DM). Among DN patients, approximately 20% have neuropathic pain, implying significant decrease in quality of life and functional capacity. (1) Foot disease affects nearly 6% of people with diabetes and includes infection, ulceration, or destruction of tissues of the foot. (2) The National Institute for Health and Care Excellence guideline on diabetic foot recommends a three tier system for foot care: primary healthcare for preventive services and appropriate referral of diabetic foot; foot protection services at community level for podiatric care and management of simple foot problems; and multidisciplinary foot care services at tertiary level to handle complex foot problems. (3) The present study it is a descriptive transversal type, our sample study were 17 patients over 60 years old with 1 or more components of Metabolic Syndrome (MS) including DM, Hypertension (HT), Dyslipidemia (DL), Obesity or

Overweight; under informed consent, we obtain demographic data and a podiatric evaluation of diabetic patient proposed by OPS including dermatologic, osseous, vascular and neurologic alterations feet. We study 3 males and 14 females among age between 60 to 77 years old. The most common diagnosis was 15 patients with DL, 14 with MS, 11 patients with HT, 8 with Obesity, 7 diabetic patients and 5 overweight. We found 88.1% with 1 or more alterations feet including 64.7% dermatological alterations most common Onychomycosis, heel and plantar hyperkeratosis, 52.9% presented osseous alterations and 78% was hallux valgus, 41.1% presented vascular alterations such as varices and edema, however 35.2% include decrease in tactile and vibratory sensitivity. This study allows the importance to perform a podiatric evaluation in patients with chronic diseases since they are at a higher risk of developing any pathology related to neuropathic and vascular alterations, so we must prevent and treat at early to avoid their progression..

Biography

Fatima Belen Curiel Lopez has completed her PhD at the age of 29 years from Molecular Biology in Medicine at the University of Guadalajara, specialist in Integrated Medicine, Research Professor at the University of Guadalajara, currently her line of research is chronic degenerative diseases with specialized care for the elderly, which is why she maintains an active participation in groups for chronic patients. Currently she is a candidate of the National System of Researchers at Guadalajara, Jalisco, Mexico. She has participated in several scientific articles related to the metabolic syndrome, gallstone and liver disease, diabetes, nutrition, hepatitis, apolipoproteins and cardiovascular risk factors among others.

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