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**CHANCES OF DIABETIC FOOT IN PATIENTS WITH DIABETES - CAUSE,
RISK FACTORS AND CHANCES OF RECOVERY**

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Diabetes mellitus is a chronic disease caused by high blood glucose levels or insufficient insulin production by the pancreas. Type 1 diabetes is caused by immune system destruction of beta cells, while Type 2 diabetes prevents insulin utilization. The most prevalent type is Type 2. It increases the risk of developing additional conditions due to damage to the macro and microvascular systems and because it affects major organs of the body, patients with diabetes have a higher risk of infection, leading to conditions like diabetic foot syndrome (DFS) and neuropathy, nephropathy and retinopathy which lead to complications such as damage of blood vessels, preventing essential nutrients from reaching nerves, leading to pain, weakness, and delayed healing. Many statistics prove that diabetic foot has become the most severe condition as a result of diabetes. Somewhere in the globe, a limb is lost every 20 seconds. This research aims to understand the factors causing diabetic foot disease and its complications. A prospective study from 2011 to 2012 included 1016 diabetic patients. Factors such as age, sex, socioeconomic status, diabetes type, smoking history, alcoholic intake, family history, foot ulcers, and treatment were assessed. Results showed a high percentage of 'Grade 3' (wounds which penetrate to the joints) wounds, with severe foot ulcers increasing within a year. Avoiding treatment of foot ulcers increases the risk of diabetic foot disease. Diabetic foot disease causes complete loss of vascularity and dead tissues, and potentially leads to traumatic amputation. Factors contributing to this include illiteracy, walking barefoot, and traumatic compressions. The average age of patients is 55 years, with females and males being more susceptible. Hard workers with leg ulcers and prolonged medication use have the highest rates of ulcers. Poor glycemic control is a primary risk factor, leading to glycosylated immune proteins and increased infection risk. Smoking worsens diabetic peripheral neuropathy, leading to foot ulcers. Age and diabetes influence wound healing. Treatment includes antimicrobial drugs, wound treatment, amputation diabetes management, pain medications, physical therapy, and acupuncture. Neuropathy affects nerves controlling heart and circulation, and recovery is slow. To reduce the chances of diabetic foot disease, the most effective method is to reduce the probability of its risk factors right from the beginning. This includes: monitoring blood sugar levels, proper foot care, managing wounds and infections, controlling blood pressure and cholesterol levels, regular foot exams, footwear modifications, smoking cessation, and engaging in regular physical activity are essential components of effective treatment for diabetic foot disease. Individuals with diabetes should prioritize these measures to prevent complications and maintain overall foot health. This will help you evade the dangers of diabetic foot disease as well as the maintenance of a proper lifestyle for the betterment of your way of life in the long run.