

Safronova P. N., Pototskaya L. A., Minakova Yu. V., Pichugova A. N.

THE CONCEPT OF DIABETIC FOOT SYNDROME

Tutor PhD, associate professor Morozov A. M.

Department of General Surgery

Tver state medical university, Tver

Objective. Diabetic foot syndrome is a complex of purulent surgical complications, ulcers and lesions of the osteoarticular system in patients with diabetes. diabetes, which is based on changes in blood vessels and nerves, is the main cause of non-traumatic leg amputation.

Aim: To identify factors contributing to the development of diabetic foot syndrome, its signs and methods of prevention for patients with diabetes mellitus.

Materials and methods. In the course of this study, an analysis was made of relevant domestic and foreign sources of literature on the problem of diabetic foot syndrome and showed relationship between diabetes and the onset of development of diabetic foot on the example of 15 clinical cases in the conditions of a day hospital of the Polyclinic No. 1 of the City Clinical Hospital No. 7.

Results and discussion. Data from 15 day-care patients were analyzed. Among them there were 8 women and 7 men, the age of the patients ranged from 45 to 71 years. All of them were referred to a day hospital for the main diagnosis of grade 2b obliterating atherosclerosis of the lower limbs, which is one of the main factors in the development of diabetic foot syndrome. All of them had diabetes mellitus: 4 people diagnosed with type I diabetes and 11 with type II. According to the studied literature, the main trigger risk factors for this disease were identified, these are peripheral neuropathy and peripheral angiopathy.

On palpation, there was a decrease in the sensitivity of the skin in 8 people. Measurement of the muscle layer showed a decrease in its volume in 5 people, and the strength of active movements was reduced in 6 people. Reduced pulsation below the knee joint was revealed in 12 patients, only 3 patients had poor pulsation. felt below the ankle joint.

Some changes in the skin are noted: pallor in 10 people, cyanosis - 5 people, fungus - 12 people, skin lesions - 14 people, trophic ulcers - 1 person, gangrene of the fingers - 1 people, hyperkeratosis - 15 people, dryness and the presence of burrs on the skin around the nails.

Local unloading of the foot can be carried out with Baruk shoes Charcot's foot, with the help of special splints, bandages, orthoses up to the knee, which are superimposed with proper pairing of the foot and the product for a while. Also, patients with diabetes should be warned against walking barefoot, wearing socks and shoes with thin soles. An important link in the prevention of SDS is the training of patients in physical exercises. It is also recommended to use walking, which improves the glycemic index and promotes muscle development.

Among the endogenous factors contributing to the development of SDS and complicating the course of DM are chronic diseases, especially if they appeared even before the fixed diagnosis of DM. The main of them are considered to be hypertension, noted in 9 people, ischemic heart disease in 5 people, renal failure in 4 people and obesity in 10 people. As well as obliterating atherosclerosis of the lower extremities, which triggers ischemic changes in the limbs.

As some controlled studies show, the use of drugs only to correct the level of glucose increases the risk of complications by 20%. Due with this, the complex therapy of diabetes must necessarily include cardio- and nephroprotectors reduce the risk of coronary artery disease and renal failure. The basis for the prevention of all concomitant diseases is the observance of a healthy lifestyle. This is primarily the rejection of bad habits such as smoking and alcohol abuse.

Conclusion. To reduce the risk of progression of pathological changes associated with DFS, it is necessary to contact orthopedists for selection of special shoes and related items. Due to the significant impact of comorbidities patients are advised to monitor their health in order to prevent and stabilize conditions for chronic diseases, and adhere to a healthy lifestyle.