



# OCCURRENCE FREQUENCY OF DIABETIC FOOT SYNDROME IN THREE PILOT REGIONS OF UZBEKISTAN

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## Introduction



**Goal:** To study occurrence frequency of diabetic foot syndrome (DFS) in three pilot regions of Uzbekistan.

A number of PDM in Uzbekistan makes over 122 thousand, 138393 patients have DM type 2. About 60% of PDM 2 have various diabetes complications (diabetic retinopathy, neuropathy, DFS) during diagnostics. No screening studies were undertaken in regions of the country (field visits of a multidisciplinary team with necessary medical equipment) among PDM 2 aimed at detection of DFS. Hence, carrying out of such studies are very important and well-

## Materials and Methods



Within the framework of WDF project 08-379 «Prevention of lower limb amputations in people with diabetes mellitus in Uzbekistan» "UMID" Association of Tashkent and RPPMCE carried out screening for DFS in PDM types 1 and 2 in three pilot regions (Andizhan, Tashkent, Kashkadarya areas). We examined 663 patients; of them 581 patients with DM type 2 and 82 PDM type 1 aged 25 to 65 years and history of disease of 5-15 years. Levels of glycemia, HbA1c, cholesterol, HDL, LDL triglycerides were studied. USI Doppler velocimetry, examination of endocrinologist, vascular surgeon and podiatrist were carried out.



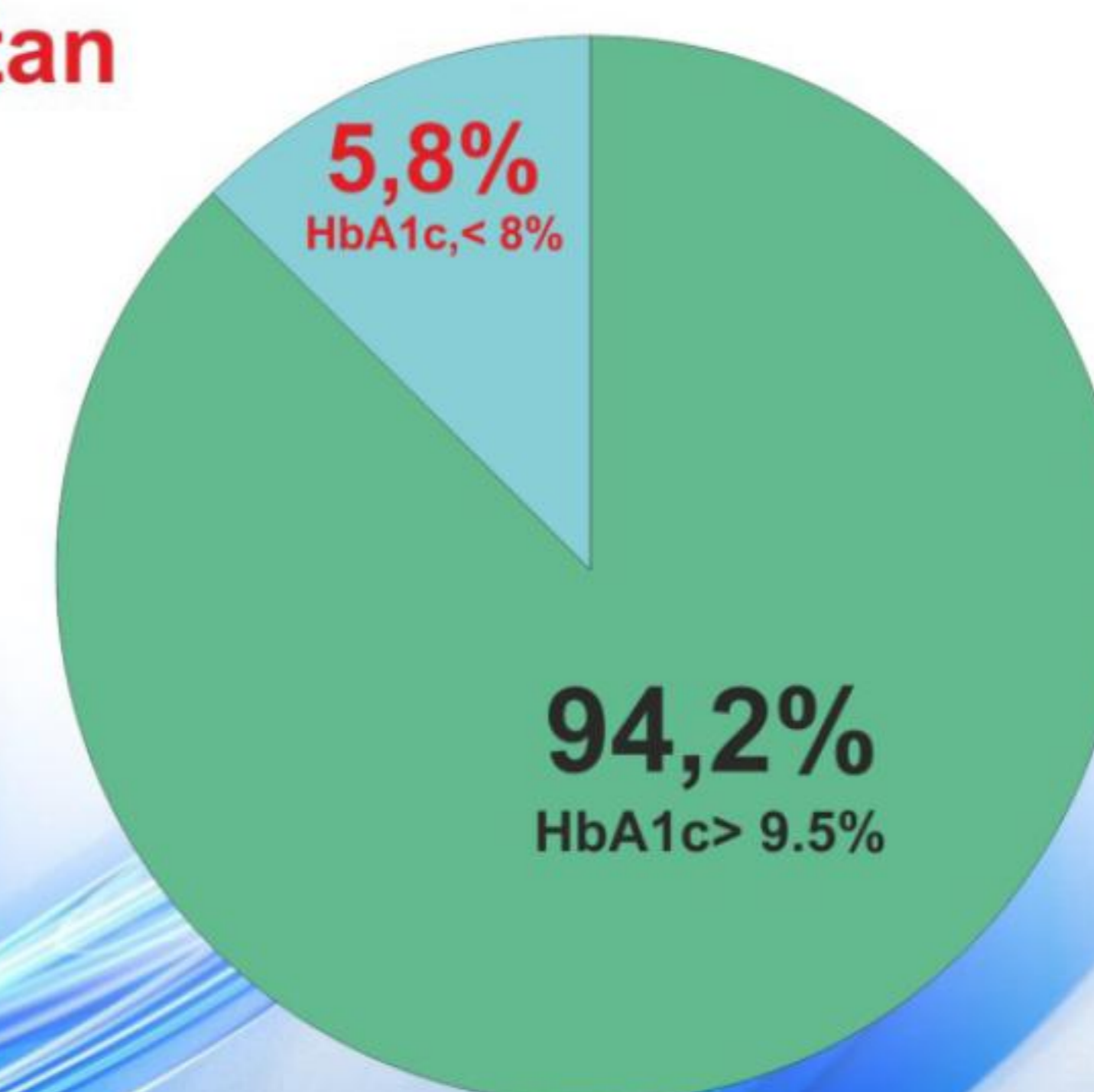
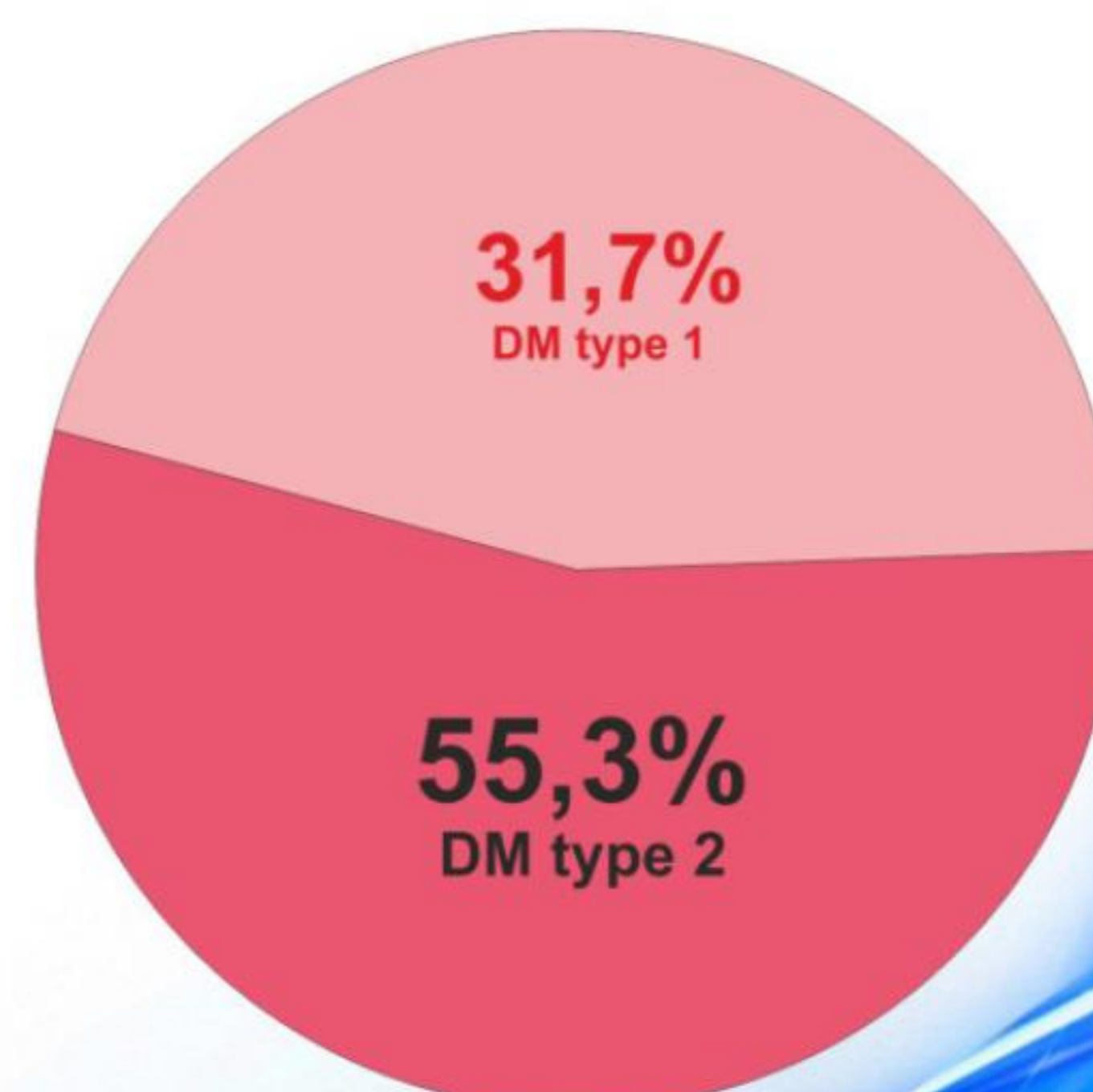
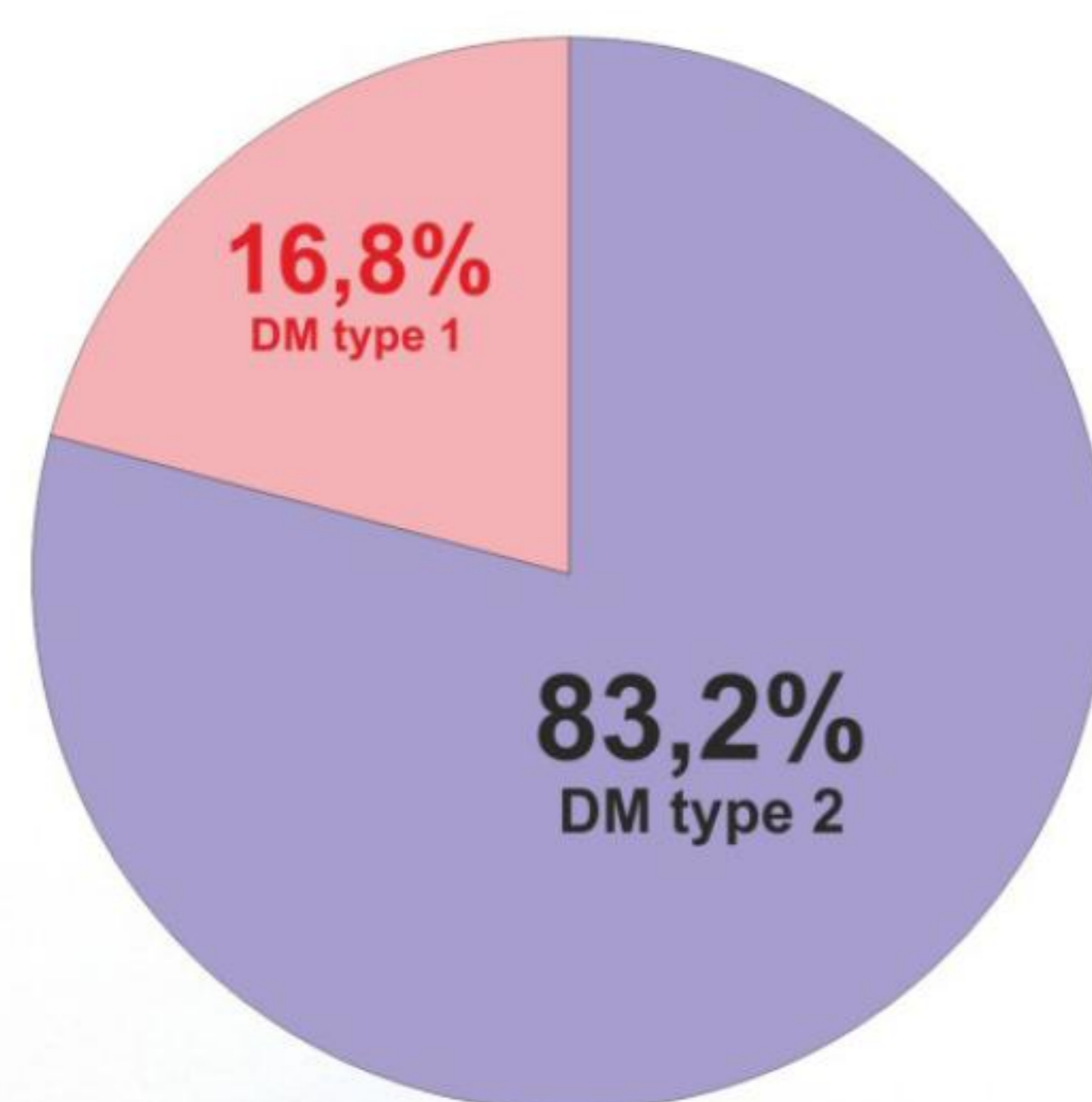
## Results



Of patients examined, 83.2% of DM type 2 and 67.4% of DM type 1 had diabetic polyneuropathy. Frequency of DFS occurrence in PDM type 2 was 55.3% and that in PDM type 1 was 31.7%. The greatest number of lower limb amputations (3.8%) and re-amputations (2.0%) was found in PDM type 2 with history of the disease of 7-10 years. Results of interviews pertaining to rules of foot care among PDM showed a poor knowledge of measures on DFS prevention which explains a rise in a number of amputations in PDM in rural regions. The screening held in three pilot regions showed that 94.2% of PDM were in a decompensation stage (HbA1c > 9.5%) irrespective of history of the disease. 68% of PDM had arterial hypertension. 36% of PDM (mostly in PDM type 2 with obesity grades 1 and 2) had high levels of cholesterol and LDL ( $5.6 \pm 0.7$  mmol/L and  $4.01 \pm 0.12$  mmol/L respectively) in low level of HDL ( $0.53 \pm 0.05$  mmol/L) and the level of triglycerides was  $2.8 \pm 0.3$  mmol/L.



## Frequency of occurrence of DFS in three pilot regions of Uzbekistan



## Conclusion

1. Frequency of occurrence of DFS in three pilot regions of Uzbekistan made 55.3% in PDM type 2 and 31.7% in those of 1 type.
2. The greatest number of lower limb amputations (3.8%) and re-amputations (2.0%) was found in PDM type 2 with prescription of disease of 7-10 years.
3. 94.2% of PDM were in a decompensation stage (HbA1c > 9.5%) irrespective of prescription of disease

