My Patient Has Diabetes and a Foot Ulcer: What Should I Do?

Andrew T. Hearn MD
Vascular Surgeon
Mercy Health
Cincinnati, Ohio

18th Annual Conference
May 31 - June 02
THE PERIPHERAL EVENT OF THE YEAR
Disclosures

Speaker’s Bureau:
- Avenger
- Bard Peripheral Vascular
- Cook Medical
- Penumbra

Honorarium:
- Avenger
- Bard Peripheral Vascular
- Cook Medical

Consultant:
- Bard Peripheral Vascular
- Cook Medical
- Penumbra

Stockholder:
- None

Grant/Research Support:
- Bard Peripheral Vascular

Medical/Scientific Boards:
- None
What Is a Diabetic Foot Ulcer

- Any form of tissue loss or wound on the foot of a diabetic
- High incidence in diabetic patients
- Often associated with PAD
What is Peripheral Artery Disease

• Disease of the arteries outside the heart and brain
• High prevalence in US
• Associated with specific risk factors
• Has high morbidity and mortality
Why is a Diabetic Foot Ulcer Significant

- Diabetes in US is an epidemic
- Diabetic foot ulcers entail high risk of major amputation
- Critical limb ischemia entails a mortality risk higher than almost any cancer
How Can We Do Better

Awareness
Diagnose Concurrent PAD

- Clinical history
- Physical exam, have diabetic patients take shoes off
- Have low threshold to obtain vascular noninvasive studies
- Utilize a multidisciplinary approach
Modify Risk Factors

- Smoking cessation counseling
- HgbA1C
- Statins
- Antiplatelet therapy
Wound Care

- Refer to established wound clinic, patients are to be seen once weekly until healed
- Utilize Podiatry extensively
- Home nursing and therapy as needed
- Hyperbaric oxygen therapy with proper indication
Revascularization 1st Step in Wound Healing

- Open or endovascular techniques are successful
- Trend is towards endovascular approach
- Too many amputations are performed without prior angiography
Successful Limb Preservation
In Conclusion
Summary

• Be aware of the consequence of the diabetic foot ulcer
• Evaluate and diagnose PAD
• Modify risk factors
• Utilize multidisciplinary approach
• Revascularization prior to amputation
My Patient Has Diabetes and a Foot Ulcer: What Should I Do?

Andrew T. Hearn MD
Vascular Surgeon
Mercy Health
Cincinnati, Ohio