



SKIN MANIFESTATIONS OF INTERNAL DISEASE

## DIABETIC FOOT ULCERS: EPIDEMIOLOGICAL AND CLINICAL STUDY IN A TUNISIAN MILITARY HOSPITAL

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**Introduction:** Patients with diabetes are at high risk of developing diabetic foot ulcerations (DFU) . They are associated with neuropathy and peripheral arterial disease of the lower limbs.

**Objective:** To evaluate the characteristics of DFU in the Dermatology department of the military hospital of instructions of Tunis(DDMHIT).

**Materials and Methods:** A retrospective study of clinical records of patients presenting with DFU in the DDMHIT over a period of 18 years (2000-2017).

**Results:** We collected 142 cases. Demographics and physical characteristics were:89.2% male,median age 58 years(38–80 years).Diabetes was known in 98.2% of our patients.A glycemic cycle practiced to all our patients was disrupted.All our diabetic patients had degenerative complications.A local infection was found in 73 % of our cases,5%had osteitis and 2% developed gangren and underwent amputation.Most of our patients had a management of the infection with antibiotics.An off-loading of the ulcer was indicated in all patients.Only 3% of our patients were treated with Hyperbaric oxygen and 1,4 % with VAC therapy with satisfactory results.

**Conclusions:** Diabetic neuropathy is the predominant underlying factor in the development of ulcers.Patients with DFU were predominantly male with long-standing diabetes and poor metabolic control.Male predominance is explained by the nature of military recruitment.The age at which DFU develop in Tunisia seems to be lower than in the USA and white Europeans.It shows a poor therapeutic compliance of our patients.The gold standard for diabetic foot ulcer treatment includes debridement of the wound, management of any infection, and off-loading of the ulcer. Other methods such as Hyprbaric oxygen have also been effective but rarely used because of its multiple counter indications. DFU are an economic burden because of absenteeism,the impossibility to wear boots for some, and even the stoppage of work in case of amputation. An early multidisciplinary management of





diabetic patients is necessary.

