

## The Diabetic Foot in Mongolia

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**Objective:** The aim of this study was to evaluate the diabetic foot among type 2 diabetic patients.

**Methods:** This study included 262 type 2 diabetic patients (133 male, 129 female), with a mean age of  $59.13 \pm 11.03$  years and a mean diabetes duration of  $5.25 \pm 5.8$  years. The diabetic foot damage diagnosed by means of Practical Guidelines from the International Working Group on the Diabetic Foot. The foot inspection was included brief questionnaire and clinical examination (deformities, dry skin, callus, infection and ulceration). Nerve damage examined by 128-Hz tuning fork, 10-g monofilament, pin prick, cotton wool, temperature sensation, muscle strength and achilles reflexes. Vascular damage examined by foot pulses and ABI.

**Results:** People at some point in their life time were with foot ulcer, skin on the feet so dry that it cracked open and had an amputation in 48 (24.1%), 37(18.6%) and 4(1.5%) patients. Foot deformity, dry skin, callus, fissure, infection and ulceration were in 42 (16.1%), 225(86.5%), 188(72.0%), 32(12.3%), 70(26.8%) and 27(10.3%) patients. Nerve and vascular damage were diagnosed in 178(68.0%) and 55(31.1%) patients. Poor glycemic control, hypertension, dyslipidemia and hypercoagulation were in 218(87.6%), 131(50.0%), 122(53.8%) and 129(55.2%) patients. Number of cigarette smoking, alcohol consumption, aspirin, vitamin of B group and lipid lowering drugs using patients were 59(22.5%), 61(23.3%), 105(56.1%), 55(29.4%) and 9(4.8%). All 262(100%) participants answered they never been attended on foot education program, foot inspection, and they haven't any foot specialist in their country.

**Conclusions:** We have diabetic foot problem but we haven't diabetic foot care. We need to develop diabetic foot care health system (foot-care education, regular foot inspection, podiatrist, diabetes foot clinic) in Mongolia.

**Key word:** diabetes complications, diabetic foot, diabetic peripheral neuropathy(DPN), peripheral artery disease(PAD)