

## Diabetic Foot Ulcer: Facts and Figures to Ponder

Diabetes affects 26 million people in the US and more than 366 million people worldwide. 60-70% of those with diabetes will develop peripheral neuropathy, or lose sensation in their feet. Over 90% of people with diabetic peripheral neuropathy are unaware they have it. Peripheral neuropathy is almost universally present with diabetic foot ulcers.

Dyck et al. Diabetic Neuropathy 1999  
Bongaerts, et al, Diabetes Care, 2013

More than half of all foot ulcers (wounds) will become infected, requiring hospitalization and 20% of infections result in amputation. Hence, over 10% of foot ulcers end in amputation.

Lavery, Armstrong, et al. Diabetes Care 2006

Having a wound immediately doubles one's chances of dying within 10 years compared with someone without diabetes.

Iversen, et al, Diabetes Care 32:2193-2199, 2009

Diabetes contributes to approximately 80% of the 120,000 nontraumatic amputations performed yearly in the United States. 85% of amputations in diabetes are preceded by a wound.

Armstrong et al. Amer Fam Phys 1998  
Pecoraro, Reiber, Burgess, Diabetes Care, 1990

Seconds Count: Every 7 seconds someone dies from diabetes. Every 20 seconds someone is amputated.

International Diabetes Federation / Diabetesatlas.org  
Armstrong, et al, Diabetes Care 2013 , In Press

After a major amputation, 50% of people will have their other limb amputated within 2 years.

Goldner. Diabetes 1960  
Armstrong, et al, J Amer Podiatr Med Assn, 1997

The relative 5-year mortality rate after limb amputation is 68%. When compared with cancer – it is second only to lung cancer (86%). (Colorectal cancer 39%, Breast cancer 23%, Hodgkin's disease 18%, Prostate cancer 8%).

Armstrong, et al, International Wound Journal, 2007  
Amer Cancer Society; Facts & Figures 2000  
Singh, Armstrong, Lipsky et al. J Amer Med Assoc 2005  
Icks, et al, Diabetes Care, 2011

People who have had a diabetic foot ulcer have a 40% greater 10 year mortality than people with diabetes alone.

Iversen, et al, Diabetes Care 32:2193-2199, 2009

Diabetic foot ulcers double mortality and heart attack risk while increasing stroke risk by 40%.

Brownrigg, et al, Diabetologia, 2012

The yearly risk of diabetic foot ulcer in those with prior ulcer or any amputation is 32%, **1 in 3**.

Boulton, Armstrong, et al, Diabetes Care 2008  
Lavery , et al, Diabetes Care 2008  
Sibbald, et al, Adv Skin Wound Care, 2012

***The DURA Study will test the reports that nerve decompression can reduce recurrent ulcer risk from 32% to under 5% yearly.***

Nickerson & Rader, JAPMA, Sept, 2013  
Zhang, Li, & Zheng, J Neurol Surg A, 2013