

# 4th European PAD and Vascular Days

Focus on diabetic foot

Slogen proposal: Are you diabetic? Check your feet every day!

Diabetic foot is an increasing problem, as the prevalence of diabetes is growing worldwide. Diabetes is an important risk factor for peripheral arterial disease (PAD) as well, it is estimated that 50-70% of all lower extremity amputations are related to diabetes. Diabetic foot syndrome is a serious and costly complication of diabetes mellitus, which results from a complex interaction of neuropathy, ischaemia and infection. Despite that PAD is more severe, progresses more rapidly and has poorer prognosis in patients with diabetes than in non-diabetics, PAD in diabetes is largely underdiagnosed and undertreated. The diagnosis of PAD in patients with diabetes requires a multidisciplinary treatment approach, involving aggressive risk-factor modification, symptomatic treatment, and revascularization procedures. Early recognition of PAD is the first step to prevent limb loss. In the latest guidelines of the ESCA/EASD (2013) measurement of the ankle-brachial index is recommended every year in diabetic patients, regardless of other existing risk factors. All people with diabetes can develop foot ulcers and foot pain, but good foot care can help prevent them. Due to the peripheral nerve dysfunction associated with diabetic neuropathy, patients have a reduced ability to feel pain, therefore every day self check of the feet is an important part of diabetic care.

Proposal for activities:

Involvement of national Diabetes Societies and Diabetic Patient Association in the 4th PAD and Vascular Days.

Scientific symposium with the topic of Diabetic foot (prevention, treatment), press conference and/or press release.

Events for the public:

- Foot test
- Neuropathy test
- New leaflet: The diabetic foot
- Dietary advice
- ABI screening
- Controlled walk with physiotherapist