

# Accepted Manuscript

The Prevalence of diabetic foot disease in the Waikato Region

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PII: S0168-8227(16)30649-0

DOI: <http://dx.doi.org/10.1016/j.diabres.2017.04.020>

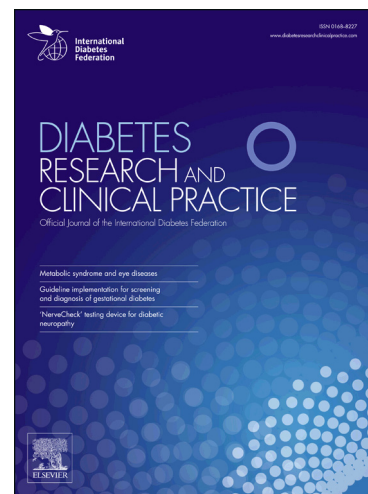
Reference: DIAB 6945

To appear in: *Diabetes Research and Clinical Practice*

Received Date: 2 October 2016

Revised Date: 31 March 2017

Accepted Date: 26 April 2017



Please cite this article as: C. O'Shea, J. McClintock, R. Lawrenson, The Prevalence of diabetic foot disease in the Waikato Region, *Diabetes Research and Clinical Practice* (2017), doi: <http://dx.doi.org/10.1016/j.diabres.2017.04.020>

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**The Prevalence of diabetic foot disease in the Waikato Region****C. O'Shea<sup>a</sup>, J. McClintock<sup>a</sup>, R. Lawrenson<sup>b</sup>**<sup>a</sup> Waikato Regional Diabetes Service, Waikato District Health Board, Hamilton, New Zealand.<sup>b</sup> The University of Waikato, Hamilton, New Zealand.

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**Abstract**

**Aim:** The aim of this study was to establish the prevalence of diabetic foot disease by utilising the retinal eye screening register in the Waikato region of New Zealand. Understanding both the prevalence and the degree of foot disease across the general diabetes population will help to determine what podiatry services are required for people with diabetes.

**Method:** 2192 people aged 15 years and over, who attended the Waikato Regional Diabetes Service mobile retinal photo screening service for the six-month period between May and November 2014, consented to a foot screen including testing for sensation and pedal pulses. A digital image was taken of the dorsal and plantar aspect of each foot for review by a registered Podiatrist.

**Results:** Thirteen percent of the study sample was identified as having a high-risk foot including active foot complications. 65% were categorised as low risk and a further 22% at moderate risk of diabetic foot disease. Factors identified as significant included age, type of diabetes, duration of diabetes, and smoking. These factors placed people at greater risk of diabetic foot disease.

**Conclusion:** A significant number of people with diabetes are at risk of diabetic foot disease. This study has highlighted the need for targeted podiatry services to address diabetic foot disease.

**Keywords:** Prevalence, diabetic foot disease, podiatry services, diabetic foot screening

**Conflict of interest statement:** The authors declare they have no conflict of interest. Funding for this project was provided by a research grant through the New Zealand Society for the Study of Diabetes from Eli Lilly.

**Acknowledgements:** The researchers wish to thank Eli Lilly New Zealand and the New Zealand Society for the Study of Diabetes. The entire Waikato Regional Diabetes Service at Waikato District Health Board, New Zealand, Amy Paterson – Research assistant and all those who kindly participated in this study.

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