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## Foot care habits in people with Type 2 Diabetes Mellitus

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**Background:** Diabetes constitutes a current public health problem of great magnitude due to the development of various complications, among which [peripheral neuropathy](#) stands out. The prevention of its complications is a fundamental measure in this group, so the objective of this study has been to determine foot care habits in people with Type 2 Diabetes Mellitus.

**Methods:** 2.1. Field of study: Endocrinology Service of the University Hospital Complex of A Coruña (CHUAC).

2.2. Type of study: Descriptive observational study of prevalence.

2.3. Inclusion criteria:

- Subjects with type 2 diabetes mellitus diagnosed by criteria of the American Diabetes Association (ADA), without [cardiovascular events](#).
- Acceptance of participation in the study, by signing the informed consent.

2.4. Exclusion criteria:

- Subjects with type 1 diabetes mellitus.
- History of cardiovascular disease.
- Existence of liver disease.

2.5 Measurements: age, sex, BMI, HTA, self-care of the foot, self-care information, inspection of feet, self-care of nails and with what type of material is made, footwear

2.7. Ethical-legal aspects:

- The study has the approval of CEIC 72/2016.
- Signing of the informed consent of all participants.

**Results :** The average age of the sample studied was  $62.9 \pm 9.2$  years, with a slight female predominance (51.7% vs. 48.3%). 54.4% had obesity and half of the sample had hypertension (50.9%). The mean time of [evolution of diabetes](#) was  $12.09 \pm 8.5$  years.

**Conclusions :** The results of the present study reveal that more than half of the sample do not receive information on how to take care of the feet, performing mostly self-care of the feet with the risks that this may entail.

## Biography

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