



Letter to the Editor

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LETTER TO THE EDITOR: ARE DIABETIC PATIENTS AWARE OF THEIR RESPONSIBILITIES IN PREVENTING DIABETIC FOOT DISEASE?

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Dear Editor,

I am writing to commend the authors on their study titled "Are Diabetic Patients Aware of Their Responsibilities in Preventing Diabetic Foot Disease?" published in the Ankara Medical Journal.¹ This research addresses a critical aspect of diabetes management, particularly the prevention of diabetic foot disease, a complication that remains largely preventable despite its prevalence and severity through proper patient education and self-care practices.

The study's methodology, including the use of a semi-structured "Diabetic Foot Disease Awareness Scale" developed by the researchers, provides valuable insights into the specific areas where patients' knowledge and behaviors are lacking. The awareness results were compared to demographic and clinic information of diabetic foot patients. However, some valuable information was missing from this study. First of all, peripheral vascular disease is an important complication in Diabetic foot patients and early detection is important to prevent amputations.² Second, dynapenia was found to be associated with diabetic foot disease in both geriatric and nongeriatric diabetic patients in the literature, therefore we think dynapenia should be assessed in sociodemographic evaluations in Diabetic foot studies.^{3,4} Third, there is no information about polypharmacy. There is information about drugs but without any explanation of methods therefore, we assume that polypharmacy information is missing. It was demonstrated that polypharmacy was associated with diabetic foot ulcers in type 2 diabetes patients, hence this information should be included in diabetic foot studies.⁵ In that study conducted with 512 patients with type 2 diabetes, using five or more medications was defined as polypharmacy, and regression analysis revealed that polypharmacy was independently associated with diabetic foot ulcers.⁵

In conclusion, this study provides important evidence that diabetic foot disease awareness among patients is inadequate and highlights the critical need for enhanced educational programs. As the authors suggest, ongoing education on diabetes and foot care, particularly for those at higher risk, is essential in preventing the occurrence of diabetic foot disease. By addressing these educational gaps, healthcare providers can play a pivotal role in reducing the burden of this debilitating complication and improving the quality of life for diabetic patients.

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