

Diabetes FootCon 2022 Proceedings-I
Effective intervention strategies and collaboration at all level are needed - Prof. Kashif Shafiq
HbA1c is not a diagnostic test for diabetes as we have lot of people with anaemia - Prof. Abdul Basit

During the Diabetes Foot Conference 2022 in Karachi, the first session was chaired by Prof. Feroz Memon, Prof. Iftikhar, and Dr. Hakeem Jokhio. Prof. Kashif Shafiq from DUHS was the initial speaker, addressing the topic "Diabetes - A Real Public Health Problem." In his presentation, he delved into the significance of lifestyle modifications and dietary changes in managing diabetes.

Prof. Shafiq emphasized that around 75% of people with diabetes reside in low and middle-income countries. He pointed out that estimates of diabetes prevalence have consistently been underestimated. The presentation likely highlighted the global impact of diabetes on public health and stressed the importance of proactive measures such as lifestyle adjustments and dietary modifications in its management



Prof. Feroz Memon from Indus Medical College along with others chairing one of the sessions during NADEP's Diabetes FootCon 2022.

In a literature review and based on announcements from the International Diabetes Federation (IDF), he highlighted that it's projected that by 2045, there will be a staggering 780 million people globally with diabetes. Shockingly, almost 35.5% of deaths under the age of sixty are attributed to diabetes. Despite this, he noted that the expenditure on diabetes treatment remains insufficient, pointing out that in Pakistan, a person with diabetes spends an estimated six to seven thousand rupees per month on treatment. The cost of treating diabetic foot ulcers is particularly high.

Given these circumstances, he emphasized the importance of implementing routine screening programs for diabetes in the general population, stressing that early detection is crucial for survival. Additionally, he called for heightened awareness programs about diabetes and pre-diabetes. Describing diabetes as a genuine public health emergency, he underscored the necessity for effective intervention strategies, highlighting that collaboration at all levels is essential to address this growing health concern.

Three hundred diabetic foot clinics will be established in the next three years-Zahid Miyan

Professor Abdul Basit, the Director of BIDE, highlighted the Diabetes Prevention Programme in Pakistan, emphasizing its focus on prevention. According to him, Type-2 diabetes affects everyone above fifteen years of age, and all known risk factors are on the rise. He referenced a study on Metabolic Syndrome in Children conducted by Dr. Zafar Hameed, which revealed that 8.9% of children aged 8-10 were overweight, with 4.3% suffering from obesity. Low Birth Weight babies are predisposed to developing diabetes, but lifestyle modification and metformin can reduce the risk by 71-76%.

Dr. Musarrat Riaz from BIDE developed a risk score calculator that takes just thirty seconds to calculate an individual's risk score. Professor Basit cautioned against relying solely on HbA1c as a diagnostic test for diabetes, citing the presence of individuals with anemia. He advised patients to take an active role in adopting a healthy lifestyle. Professor Basit also highlighted the evolving concept of public health over the years and stressed the importance of preventive efforts.

He expressed the challenges in advocating for increased taxes on sugary drinks due to powerful vested interests. Professor Basit called for training nurses, midwives, and lady health workers to enhance awareness about diabetes and contribute to its management. He emphasized the need for collective efforts from all healthcare workers to address the growing issue of diabetes.



Dr. Zahid Miyan, Chairman of the organizing committee of the conference, addressed the issue of Diabetic Foot in Pakistan. He highlighted that there are over three million people suffering from diabetic foot in the country, and this is likely an underestimation due to many individuals not seeking care at diabetic clinics. He emphasized the concerning fact that a simple infection can lead to amputation.

Dr. Miyan drew attention to the severity of mortality from diabetes, which he compared to cancer but noted that it doesn't receive the same level of attention and importance. The direct and indirect costs of treating diabetic foot have increased significantly, resulting in not only absenteeism from work but also loss of lives. Lack of patient education and inadequate facilities were also mentioned as contributing factors.

More than two third of population is affected by chronic venous insufficiency-Catherine Steer