

Diabetic Holiday Foot: Cautionary Tales of Sun, Sandals, Risk

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Introduction

Polyneuropathy is the most prevalent complication of diabetes and is often present at the diagnosis of type 2 diabetes. It is a major risk for injury to the feet. This case series illustrates the hazards to diabetic patients who may reduce their guard, alter their footwear and participate in unaccustomed walking on uneven surfaces on holiday in warm climates.



Patient "a"
Barefoot walking on sand and promenade, Spain x 2 weeks metatarsal ulcers.



Patient "b"
Golf holiday in Spain, new golf shoes, pressure necrosis: eventual forefoot amputation



Patient "f"
Walking holiday in Croatia, cobbled surfaces, new sandals necrotic heel ulcer.

	a	b	c	d	e	f	g
Age (All male)	57	62	58	68	59	58	59
DM Type	2	2	2	2	1	2	2
Duration years	15	19	5	12	30	15	1
Hba1c %	9.6	10.6	6.8	10	9.6	7.9	7.1
Smoker	no	no	no	no	yes	no	no
Charcot Joint	no	no	yes	no	no	yes	no
Macrovascular Disease	no	no	no	yes	yes	no	no
Footwear	barefoot	Golf shoe	sandal	sandal	sandal	Ortho. boot	sandal
Lesion	ulcer	necrosis	ulcer	maceration	ulcer	blister	ulcer
Location	planter	planter	Lateral	toes	planter	Heel	planter
Amputation	no	forefoot	no	no	Part foot	no	no
Healing weeks	40	15	8	10	26	4	4

Polyneuropathy+ sensory loss

Inappropriate Footwear + heat + maceration

Increased walking+ Uneven surfaces

Pressure necrosis+ Infection



Holiday Warning !

Diabetic patients, especially males, should be warned of the risk to their feet

