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

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## Introduction

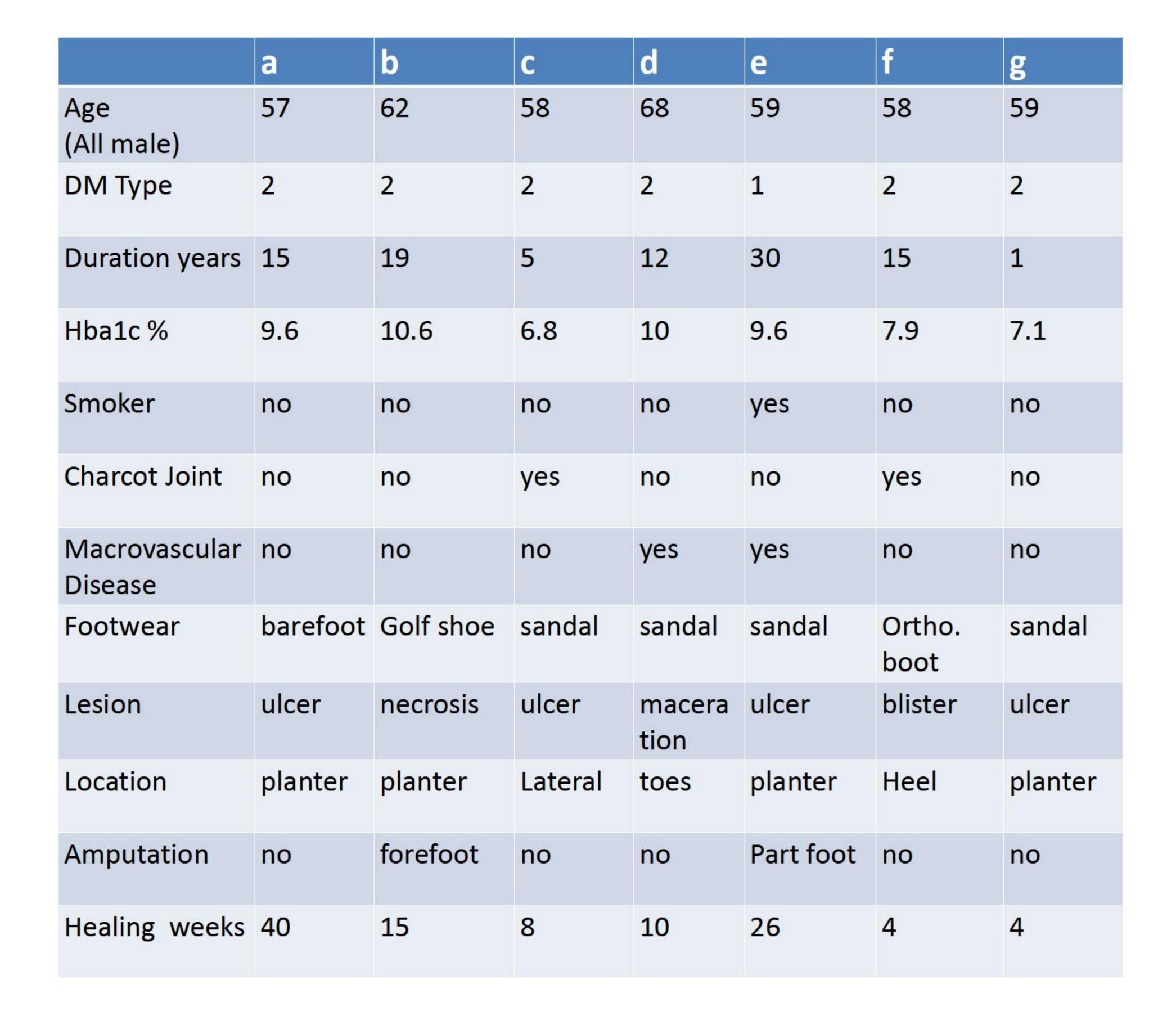
Polyneuropathy is the most prevalent complication of diabetes and is often present at the diagnosis of type 2 diabetes. It is a major risk for injury to the feet. This case series illustrates the hazards to diabetic patients who may reduce their guard, alter their footwear and participate in unaccustomed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



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

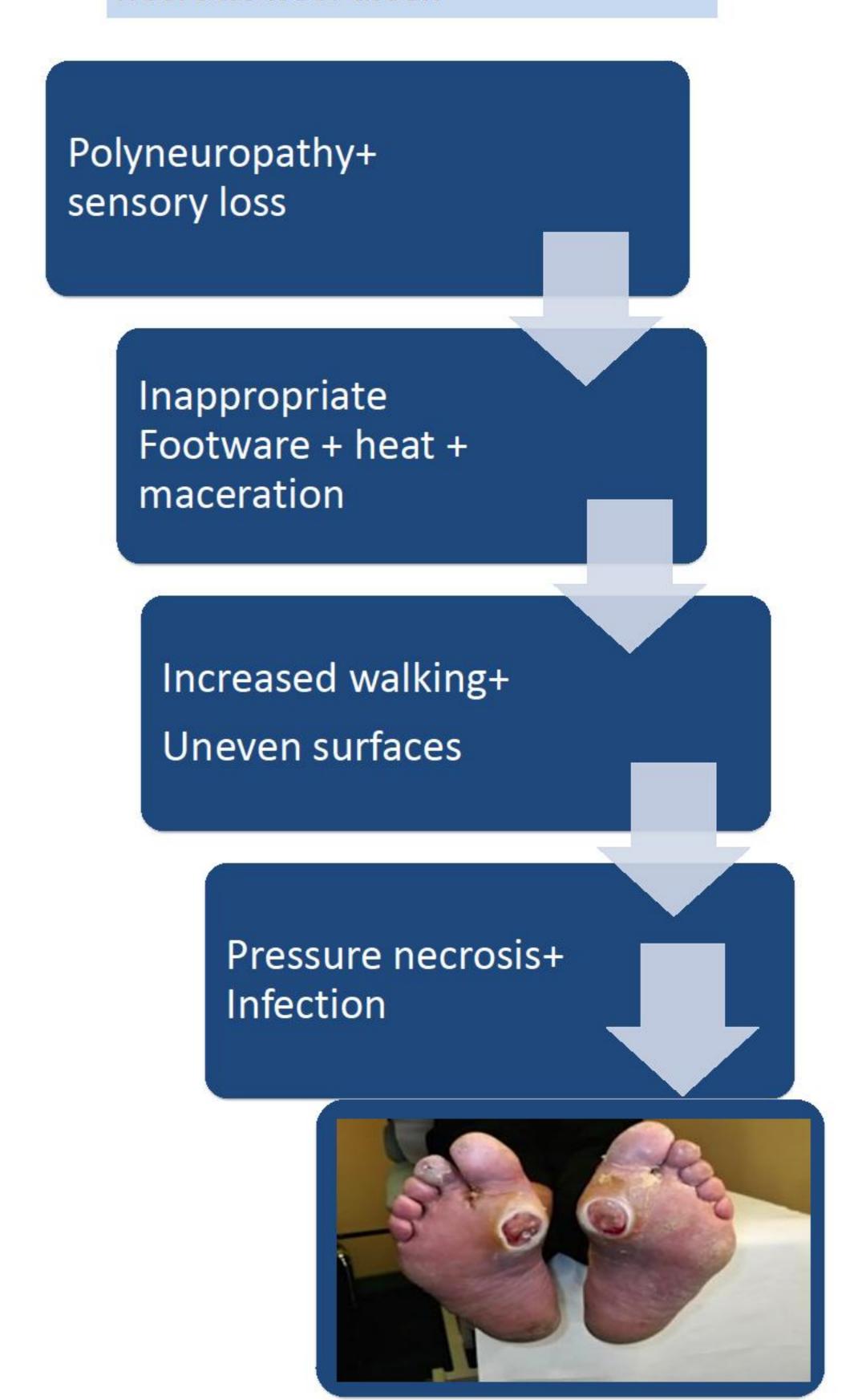


Patient "b"
Golf holiday in Spain, new golf shoes, pressure necrosis: eventual forefoot amputation





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



## Holiday Warning

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







