

DIJABETESNO STOPALO - NASTANAK, LEČENJE I KONTROVERZE

DIABETIC FOOT- ETIOLOGY, THERAPY AND CONTROVERSIES

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SAŽETAK

UVOD: Dijabetesno stopalo predstavljaju morfološke i strukturne promene koje nastaju kod dijabetičara kao posledica poremećaja u neuro-mišićnom, koštanom i vaskularnom sistemu stopala. Predstavlja „ničije dete“ današnjeg medicinskog sistema. Izučavanje i adekvatno lečenje dijabetičnog stopala predstavlja atraktivno područje za većinu lekara čime se značajno utiče na kvalitet života i zdravlje obolelog i njegove porodice.

CILJ: Prikaz zastupljenosti uzroka dijabetičnog stopala u populaciji i raznovrsnost načina lečenja.

MATERIJALI I METODE: Istarživanje je sprovedeno u Kliničko bolničkom centru „Bežanijska kosa“ na Odeljenju hirurgije u periodu od januara 2023.godine do januara 2025. godine.

REZULTATI: U vremenskom periodu od 2 godine, pregledano je 570 pacijenata sa dijabetesnim stopalom kojima je postavljena indikacija za operativno lečenje. Od ovog broja urađeno je 384 elektivne operacije. Od ukupnog broja najzastupljenije su bile suprakondilarne amputacije (219) a najmanje je urađeno dezartikulacija kuka (1). Proucavan je i uticaj pridruženih bolesti (dijabetes melitus, kardiološke bolesti) na težinu kliničke slike.

ZAKLJUČAK: Uz našeg kliničkog iskustva, možemo da zaključimo da je najbolja mera lečenja - prevencija. Uspeh se može postići samo u slučaju da se uspori razvoj dijabetične polineuropatije. Neopodno je u primarnoj zdravstvenoj zaštiti sprovesti edukaciju lekara i pacijenata o prirodi bolesti, kao i o merama za sprečavanje njenog nastanka.

KLJUČNE REČI: dijabetesno stopalo, polineuropatija, amputacija, lečenje.

ABSTRACT

INTRODUCTION: Diabetic foot encompasses morphological and structural changes that occur in diabetic patients as a result of disturbances in the neuro-muscular, skeletal, and vascular systems of the foot. It represents a "neglected child" of today's medical system. The study and adequate treatment of diabetic foot represents an attractive area for most physicians, significantly impacting the quality of life and health of the patient and their family.

OBJECTIVE: To present the prevalence of causes of diabetic foot in the population and the diversity of treatment methods.

MATERIALS AND METHODS: The research was conducted at the Clinical Hospital Center "Bežanijska Kosa" in the Department of Surgery from January 2023 to January 2025.

RESULTS: Over a period of two years, 570 patients with diabetic foot were examined, who were indicated for surgical treatment. Of this number, 384 elective surgeries were performed. Among the total number, the most common procedures were supracondylar amputations (219), while the least performed was hip disarticulation (1). The impact of associated diseases (diabetes mellitus, cardiovascular diseases) on the severity of the clinical picture was also studied.

CONCLUSION: Based on our clinical experience, we conclude that the best treatment measure is prevention. Success can only be achieved if the development of diabetic polyneuropathy is slowed down. It is essential to implement education for physicians and patients in primary healthcare regarding the nature of the disease and the measures to prevent its onset.

****KEYWORDS:**** diabetic foot, polyneuropathy, amputation, treatment.