

MEDIA RELEASE

Canadian Diabetes Association urges action to prevent amputations in people with diabetes

WINNIPEG, MAN. (JULY 6, 2015) – Now that summer is here and Manitoban feet are out in the open, the Canadian Diabetes Association (CDA) is urging action to reduce the risk of diabetes-related foot complications that can lead to devastating consequences, including amputations.

The CDA is calling on governments to improve access to publicly funded diabetes services and devices to prevent and treat foot ulcers and thereby avoid amputation in people with diabetes. These supports include foot care education, professionally fitted footwear and devices, and timely referrals and visits to a foot care specialist.

Winnipeg resident Dale Alderson learned how a small mishap can snowball into a serious foot complication. Diagnosed with type 2 diabetes in 1993 and managing it with insulin, the 63-year-old agribusiness owner dropped a heavy object on his foot. Though he knew he had cut it, he tried to keep working. An infection took hold, becoming large and black. He went immediately to the hospital where he was treated with IV antibiotics and monitored frequently. The infection went away, averting an amputation.

“I was surprised at how quickly the infection happened,” said Alderson. “In the hospital, I heard that elevated glucose levels are natural feedstocks for infection. In the hectic work world of agribusiness, it’s too easy to let diabetes management take second place in life when it should always be one’s first priority.”

Alderson is now a strong advocate for proactive foot care and optimal blood sugar control for people with diabetes. He is careful about monitoring his blood sugar and spends at least \$200 a month on diabetes-related expenses.

According to the CDA, out-of-pocket costs compromise the ability of Canadians with diabetes to manage their disease: 57 per cent indicate that they do not comply with their prescribed therapy due to the cost of medications, devices and supplies. Only half of Canadians with type 2 diabetes have their blood glucose levels under control, and the majority of patients incur adverse health conditions linked to diabetes.

The call to action stems from the CDA’s newly released [position statement on amputation prevention](#). The statement notes that diabetes is the leading cause of non-traumatic lower limb amputation in Canadian adults, associated with approximately 70 per cent of amputations performed in hospital.

“Compared to the general population, Canadian adults with diabetes are over 20 times more likely to undergo non-traumatic lower limb amputations, 85 per cent of which are preceded by a foot ulcer,” says Dr. Jan Hux, chief science officer at the CDA. “Many people with diabetes experience barriers to preventative care, so investment in prevention and support is essential to avoid amputations which are devastating to people with diabetes, as well as extremely costly to our publicly funded health care system.”

The CDA is also calling on people living with diabetes and their health-care providers to be vigilant and proactive about foot complications from diabetes. The CDA is urging people with the disease to check feet daily for cuts, cracks, bruises, blisters, sores, infection and unusual markings. The CDA is recommending that health-care professionals who treat people with diabetes screen them for diabetic neuropathy and peripheral vascular disease, and educate them about proper foot care and glycemic control. The CDA is also calling for improved treatment and communication among all health-care professionals who work with people with diabetes.

Diabetes in Manitoba:

In 2015, the number of Manitobans with type 1 and 2 diabetes was estimated at 116,000 with projections to 161,000 by 2025. The estimated cost of diabetes to the province will be \$573 million and is projected to increase to \$684 million in 2025.

Diabetes in Canada:

Diabetes will cost Canada \$14 billion in 2015 and these costs are projected to rise to \$16 billion by 2020. Diabetes has reached epidemic proportions in Canada. Currently, more than one in four Canadians has diabetes or prediabetes. If trends continue, this will increase to one in three by 2020. Complications – such as those involving feet – account for more than 80 per cent of diabetes costs, yet may be prevented or at least delayed.

To view the CDA position statement, go to: <http://www.diabetes.ca/about-cda/public-policy-position-statements/amputation-prevention>.

About the CDA

The CDA is the registered national charity that helps the more than 10 million Canadians with diabetes or prediabetes live healthy lives, and educates those at risk while working to find a cure. In communities across Canada, the CDA:

- offers a wide array of support services to members of the public;
- offers resources to health-care professionals on best practices to care for people with diabetes;
- advocates to governments, schools, workplaces and others on behalf of people with diabetes; and,
- funds research on better treatments and to find a cure.

For more information, visit diabetes.ca or call **1-800-BANTING (226-8464)**.

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