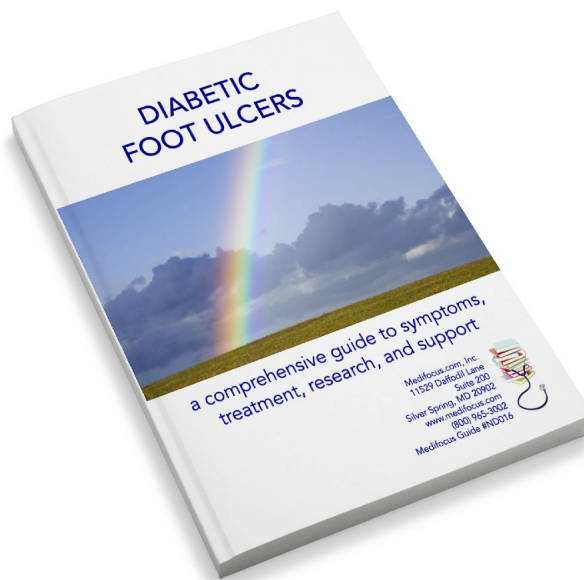


Preview of the Medifocus Guidebook on: Diabetic Foot Ulcers

Updated November 3, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Diabetic Foot Ulcers**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Diabetic Foot Ulcers (94 pages; Updated November 3, 2009), please:

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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

DIABETIC FOOT ULCERS

Introduction to Diabetic Foot Ulcers

The term *diabetes mellitus*, commonly referred to simply as "diabetes", encompasses a group of metabolic disorders that are characterized by *chronic hyperglycemia* (persistently higher than normal levels of glucose in the bloodstream). Diabetes is a disease of global proportions that is estimated to affect more than 150 million people worldwide or about 5.5% of the total adult population. The prevalence of diabetes worldwide is on the rise and is expected to double by the year 2030. In the United States, approximately 16 million people are afflicted with diabetes and about 33% of these individuals are unaware that they have the disease and are, therefore, not receiving treatment.

There are three major types of diabetes:

- Type I diabetes
 - an autoimmune disorder in which the body's immune system attacks and destroys the beta cells in the pancreas that produce insulin
 - occurs most often in people under the age of 40
 - accounts for about 10% to 15% of all cases of diabetes
 - treatment consists of insulin injections plus careful attention to diet and exercise
- Type II diabetes
 - the insulin-producing beta cells in the pancreas become resistant to the action of insulin resulting in relative insulin deficiency and elevated blood glucose levels
 - accounts for about 85% to 90% of all cases of diabetes
 - major risk factor for cardiovascular disease
 - treatment consists of dietary modification, exercise, and medications
- Gestational diabetes mellitus
 - this type of diabetes occurs during pregnancy usually in the 5th or 6th month (24 to 28 weeks)
 - affects about 4% of pregnant women
 - usually resolves on its own after childbirth
 - if left untreated, gestational diabetes can affect the health of both the mother (risk of developing permanent diabetes) and the baby (increased risk of obesity and diabetes later in life)

- treatment usually consists of diet and exercise but may also require the use of medications

Complications of Diabetes

Without adequate treatment to control blood glucose levels, diabetes can lead to serious complications, including:

- Diabetic nephropathy - progressive loss of kidney function that can lead to end-stage renal failure.
- Diabetic retinopathy - damage to the blood vessels and structures of the eye that is a leading cause of blindness in people with diabetes under the age of 75.
- Diabetic neuropathy - damage to the peripheral nerves that can lead to pain, tingling, burning in the hands and feet with loss of sensation and motor impairment.
- Atherosclerosis - people with poorly controlled diabetes are at increased risk for developing *atherosclerosis* or "hardening of the arteries" that can lead to heart attack, stroke, damage to the eyes, and kidney failure.
- Peripheral vascular disease - diabetes can also cause narrowing of peripheral blood vessels that supply the arms and the legs which can cause pain when exercising or walking. Severe peripheral vascular disease causes *ischemia* (inadequate flow of blood to a region of the body such as the legs) which can lead to severe complications that may necessitate amputation of the limb.
- Diabetic ketoacidosis - an acute and potentially fatal condition caused by extreme insulin deficiency resulting in severe dehydration, electrolyte imbalance, and the accumulation of called *ketones* in the blood and urine.
- Diabetic foot problems - People with diabetes are at risk for a variety of foot problems that include:
 - corns and calluses
 - hammertoes and bunions
 - dry skin which "cracks" easily and is susceptible to infection
 - ingrown toenails
 - infections (soft-tissue; fungal toenail infections)
 - Charcot foot - destruction of the soft tissue and joints of the foot as a consequence of diabetic neuropathy
 - diabetic foot ulcers

What is a Diabetic Foot Ulcer?

Diabetic foot ulcers are painful, open sores that develop on the feet of people with diabetes. If not diagnosed and treated promptly, diabetic foot ulcers can cause extensive damage to soft-tissue and bone that may necessitate amputation. It has been estimated that people with diabetes have about a 15% lifetime risk for developing a foot ulcer. According to the American Diabetic Association, from 1997 to 1999 approximately 82,000 lower-limb amputations were performed each year in people with diabetes. The most common reason for these amputations was a diabetic foot ulcer. People who develop diabetic foot ulcers also experience a reduced quality of life due to reduced mobility, restricted social activities, and time lost from work.

What are the Risk Factors for Diabetic Foot Ulcers?

A *risk factor* is anything that increases the likelihood for developing a disease or condition, such as diabetic foot ulcers. Risk factors for diabetic foot ulcers include:

- Uncontrolled or poorly controlled diabetes
- How long the diabetes has been present - longer duration of diabetes increases the risk for diabetic foot ulcers
- Older age
- Male gender - men are twice as likely as women to develop diabetic foot ulcers
- Trauma to the foot (e.g., lacerations, burns; penetrating injury; insect bites)
- Untreated calluses
- Foot deformities (e.g., bunions, hammertoes; Charcot foot)
- History of previous foot ulcers
- Peripheral vascular disease
- Peripheral neuropathy
- Increased plantar foot pressures
- Poorly-fitting shoes
- Restricted joint mobility

What Causes Diabetic Foot Ulcers?

The chain of events leading to the development of diabetic foot ulcers has been well-characterized and involves a variety of factors. In general, the most common precipitating event is trauma to the foot of a person with diabetes. Examples of foot trauma that can predispose a person to develop a diabetic foot ulcer include:

- Irritation to the foot caused by poorly-fitting shoes
- Calluses that are left untreated
- Burn injury to the foot
- Cut (laceration) of the foot
- Penetrating injury to the foot from a sharp object
- Insect bite to the foot

In addition to trauma, there are two other conditions that predispose diabetic patients to develop diabetic foot ulcers:

- Peripheral neuropathy - Damage to the peripheral nerves from diabetes that leads to sensory, motor, or autonomic nerve dysfunction has been estimated to be a causative factor in about 90% of diabetic foot ulcers.
- Peripheral vascular disease - Many people with diabetes suffer from peripheral vascular disease which reduces the blood flow to the lower extremities resulting in tissue *ischemia* (inadequate blood flow to an area of the body) which is a recognized risk factor development of diabetic foot ulcers. Peripheral vascular disease has been estimated to be a major causative factor in about 35% of diabetic foot ulcers.
- Infection - Once an area of the skin protecting the foot has been broken, usually as a result of some type of trauma, bacteria enter the wound triggering a complex chain of events that can lead to infection. There are three well-recognized patterns of infection in diabetic foot ulcers:
 - Superficial - infection that is localized or limited to the superficial layers of the skin
 - Cellulitis - infection that has spread to the deeper layers of the skin (subcutaneous or connective tissue)
 - Osteomyelitis - infection that has spread to the underlying osseous tissue (bone).

Because normal wound healing is impaired in people with diabetes, without prompt diagnosis and treatment, a superficial (localized) skin infection can quickly spread to the deeper layers of the soft-tissue (cellulitis) and then further spread to the underlying bone (osteomyelitis). The risk for amputation of the infected limb increases significantly once the infection has reached the underlying bone.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Diabetic Foot Ulcers** also includes the following additional sections:

- **Diagnosis of Diabetic Foot Ulcers**
- **Treatment of Diabetic Foot Ulcers**
- **Prevention of Diabetic Foot Ulcers**
- **Questions to Ask Your Doctor about Diabetic Foot Ulcers**

To Order the Complete **Guidebook on Diabetic Foot Ulcers** [Click Here](#)
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3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 26 Articles
- General Interest Articles - 48 Articles
- Surgical Therapy Articles - 12 Articles
- Clinical Trials Articles - 26 Articles
- Wound Care Articles - 8 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2007 to November 2009>

Review Articles

1.

The use of amelogenin protein in the treatment of hard-to-heal wounds.

Authors: Chadwick P; Acton C
Institution: Salford PCT, Podiatry and Foot Health, Hope Hospital, Salford, UK.
Journal: Br J Nurs. 2009 Mar 26-Apr 8;18(6):S22, S24, S26, passim.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=ND016&ID=19374040>

2.

Granulocyte-colony stimulating factors as adjunctive therapy for diabetic foot infections.

Authors: Cruciani M; Lipsky BA; Mengoli C; de Lalla F
Institution: Center of Preventive Medicine & HIV Outpatient Clinic, G. Fracastoro Hospital, San Bonifacio, Via Germania, 20, Verona, Italy, 37135.
Journal: Cochrane Database Syst Rev. 2009 Jul 8;(3):CD006810.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=ND016&ID=19588405>

3.

The use of gentamycin-impregnated foam in the management of diabetic foot infections: a promising delivery system?

Authors: Griffis CD; Metcalfe S; Bowling FL; Boulton AJ; Armstrong DG
Institution: Amputation Prevention Center at Broadlawns Medical Center, Des Moines, Iowa, IA 50309, USA.
Journal: Expert Opin Drug Deliv. 2009 Jun;6(6):639-42.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=ND016&ID=19519289>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Diabetic Foot Ulcers** includes the following sections:

- Review Articles - 26 Articles
- General Interest Articles - 48 Articles
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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

AZ - Arizona

Name of Author

Leon LR Jr

Institutional Affiliation

Vascular Surgery Section, Southern Arizona Veteran Affairs Health Care System (SAVAHCS), Tucson, AZ 85723, USA.

Walters J

Vascular Surgery Section, Southern Arizona Veteran Affairs Health Care System (SAVAHCS), Tucson, AZ 85723, USA.

CA - California

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CT - Connecticut

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The **Centers of Research** in the complete **Medifocus Guidebook on Diabetic Foot Ulcers** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

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5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Diabetic Foot Ulcers** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

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6 - Directory of Organizations

American Board of Multiple Specialties in Podiatry

1350 Broadway Suite 1705 New York, NY 10018

888.852.1442

mSP@ptcny.com

www.abmsp.org

American Diabetes Association

1701 North Beauregard Street Alexandria, VA 22311

800.342.2383

www.diabetes.org

American Orthopaedic Foot and Ankle Society

6300 North River Road Rosemont, IL 60018

800.235.4855

aofasinfo@aofas.org

www.aofas.org

American Podiatric Medical Association

9312 Old Georgetown Road Bethesda, MD 20814

301.571.9200

www.apma.org

Canadian Diabetes Association

National Life Bldg. 1400-522 University Avenue Toronto M5G 2R5 CANADA

800.226.8464 (Canada)

info@diabetes.ca

www.diabetes.ca

Canadian Podiatric Medical Association

#2063 61 Broadway Blvd. Sherwood Park T8H 2C1 Alberta CANADA

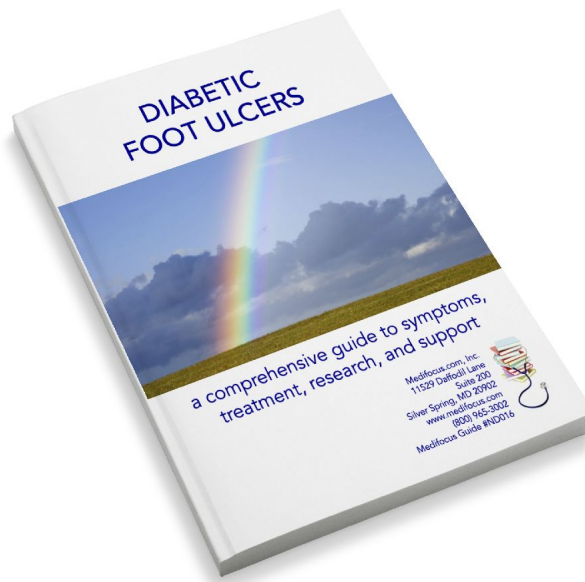
800.220.3338 (Canada)

askus@podiatrycanada.org

www.podiatrycanada.org

The **Directory of Organizations** in the complete **Medifocus Guidebook on Diabetic Foot Ulcers** includes a list of selected disease organizations and support groups that are helping people diagnosed with Diabetic Foot Ulcers.

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