

## 新加坡糖尿病足外科中心 防截肢专科诊所

85%的截肢患者都是由于糖尿病足部溃疡所引起的，而这种溃疡有时仅仅只是脚上的一个小伤口而导致。

新加坡糖尿病足部治疗中心，是一个专注于采用西方足科治疗方法，针对糖尿病患者腿部部位的伤口进行快速治愈的一个专业治疗中心。本中心的治疗方式也可帮助低风险的糖尿病患者保持他们足部最佳的健康状态，以防截肢。

本中心与权威的血管内科医生，内分泌科医生以及家庭医生通过紧密合作的护理方案以帮助患者管理和改善其糖尿病的状况，协助加速身体健康的恢复。



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### PUSAT RAWATAN KAKI PESAKIT KENCING MANIS SINGAPURA KLINIK PAKAR UNTUK PENCEGAHAN AMPUTASI

Lapan puluh lima peratus (85%) daripada amputasi anggota bahagian bawah badan di kalangan pesakit kencing manis adalah disebabkan oleh ulser kaki yang mungkin bermula daripada luka kecil di bahagian kaki.

Pusat Rawatan Kaki Pesakit Kencing Manis Singapura adalah pusat khusus yang memberi tumpuan kepada kaedah Podiatri untuk merawat dan menyembuhkan luka kaki pesakit kencing manis dengan cepat dan berkesan. Pusat ini juga berfungsi untuk menyediakan penjagaan kesihatan kaki secara menyeluruh untuk pesakit kencing manis yang berisiko, sama ada berisiko rendah atau berisiko tinggi, bagi mengelakkan amputasi kaki; sebahagian dari kaki atau kesemua bahagian kaki.

Strategi penjagaan dan rawatan di pusat kami adalah merupakan gabungan pakar-pakar perubatan yang terdiri daripada doktor-doktor pakar dari bidang perubatan keluarga, ortopedik, endokrinologi dan pakar vaskular. Gabungan penjagaan dan rawatan ini akan membantu dalam pengurusan dan pemulihan kesihatan pesakit kencing manis dengan baik dan cepat.

Misi Pusat Rawatan Kaki Pesakit Kencing Manis Singapura adalah untuk memanjangkan jangka hayat pesakit kencing manis melalui pencegahan amputasi anggota bahagian bawah badan.



 SINGAPORE DIABETIC FOOT CENTRE  
SPECIALIST CLINIC FOR AMPUTATION PREVENTION

85% of lower limb amputations are caused by diabetic foot ulcers which may start as a small wound on the foot.

Singapore Diabetic Foot Centre (SDFC) is a specialised unit focused on Podiatric methods to rapidly heal diabetic leg wounds, as well as maintaining optimal foot health for low risk diabetic patients in order to prevent the need for lower limb amputations.

Our combined care strategy with specialist medical doctors and family physicians manage and maintain diabetic conditions to restore health quickly.

Our mission is to prolong life through the prevention of foot amputations.

## DID YOU KNOW?

The first amputation from a diabetic complication may begin from a small wound, which can very quickly lead to multiple segmental amputations.



85% of lower limb amputations are caused by diabetic foot ulcers <sup>1</sup>



Up to 74% of diabetic patients get subsequent amputations within the first 5 years of their first amputation <sup>2</sup>



Every 30 seconds an amputation occurs somewhere in the world <sup>3</sup>

## FOOT PROBLEMS LEADING TO HIGHER RISK OF AMPUTATION



Corns & Calluses

Fungal Nail / Skin Infection

Bunions / Hammertoes

Foot Deformity

Swelling of Foot & Leg

Wounds / Ulcers

Peripheral Vascular Disease (PVD)

Peripheral Neuropathy (Numbness)

Neuropathic Arthropathy / Charcot Foot



1. Reiber, Gayle & Boyko, Edward & G. Smith, Douglas. (1995). Lower Extremity Foot Ulcers and Amputations in Diabetes. 2. Jeffrey M. Robbins, Gerald Strauss, David Aron, Jodi Long, Jennifer Kuba, and Yelena Kaplan (2008) Mortality Rates and Diabetic Foot Ulcers. Journal of the American Podiatric Medical Association: November 2008, Vol. 98, No. 6, pp. 489-493. 3. International Diabetes Federation and International Working Group of the Diabetic Foot. In: Time to act. Bakker K, Foster AVM, van Houtoum WH, Riley P, editors; The Netherlands: 2005

## EDUCATION IS KEY TO PREVENTING

Our dedicated foot specialists are experienced in treating an array of diabetic foot conditions from low risk diabetic foot to high risk diabetic wound management.



## WHY DO DIABETES CAUSE FOOT OR LEG AMPUTATIONS?

Diabetes damages the nerves in the human body, resulting in the loss of sensation. This is why people with diabetes often cannot feel pain from their wounds. The smallest blood vessels and nerves are damaged first, such as those found at the feet.

Injuries that cause wounds in the foot may not be felt and can lead to more severe complications such as ulcers and infections, which eventually result in amputations.



## DIABETIC FOOT AMPUTATIONS

### REGULAR CHECKS & PROPER MAINTENANCE

Only when both feet and all toes are intact, would people with diabetes have the best chance to ambulate and function normally.



## 9 THINGS TO REMEMBER FOR PEOPLE WITH DIABETES

1. Check your feet daily
2. Regular comprehensive diabetic foot assessments
3. Regular maintenance for toenails, corns and calluses
4. Monitor for numbness or abnormal stinging / tingling sensation
5. Seek medical attention if there is a wound
6. Do not ignore changes in your foot or nail colour
7. Do not ignore pain in the foot or lower leg
8. Diabetic-type footwear is important
9. Regular exercise is vital to ensure that adequate blood flow gets to the feet

Please check with your Podiatrist on your diabetic foot risk status. Comprehensive Diabetic Foot Assessments is advised for high risk patients (every 3 months) and for low risk patients (every 12 months).