

el pie diabético?

La hiperglucemia persistente ocasiona un daño en los nervios y vasos sanguíneos, aumentando el riesgo de desarrollar neuropatía diabética, la cual afecta al sistema nervioso, provocando pérdida de sensibilidad en manos, piernas y pies.¹

El pie diabético es una complicación de la diabetes que afecta su anatomía y funcionamiento, y se caracteriza por:

- Pérdida de sensibilidad (mayor riesgo de lesiones)
- Reducción de flujo sanguíneo (dificultad para cicatrización)
- Falta de sensibilidad (presencia de heridas que no se detectan a tiempo, lo cual favorece que se infecten y se compliquen)



Factores de riesgo:^{2,3}

- Mal control de los niveles de glucosa
- Pérdida de sensibilidad en nervios
- Uso de calzado inapropiado
- Uñas enterradas o cortes inadecuados
- Ampollas y callosidades
- Deformidades del pie
- Fumar

¿Cómo prevenirlo? ^{2,3}



1) Uso de calzado adecuado, no apretado ni muy holgado para evitar callosidades



2) Uso de cremas para mantener hidratada la piel y evitar grietas



3) Inspección diaria, lavado y secado cuidadoso de pies

4) Para evitar el desarrollo de bacterias y hongos que pueden ocasionar una infección, puedes apoyarte de un antiséptico rápido y eficaz como **Microdacyn®** que ayuda a limpiar, desinfectar y promover la curación de cualquier tipo de herida



¡Y lo más importante! Revisalos todos los días, aún y cuando no presentes molestias. Ante cualquier cambio, acude con tu médico de inmediato para una valoración

Referencias:

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El Pie Diabetico

Garcia Herrera



El Pie Diabético:

El Pie Diabético F. Javier Aragón Sánchez, Pedro Pablo Ortiz Remacha, 2001 **Pie Diabético. Guía práctica para la prevención, evaluación y tratamiento** Julia Viadé, 2006 **Guía de práctica clínica en el pie diabético** Rosa-Ana del Castillo Tirado, Juan Antonio Fernández López, Francisco Javier del Castillo Tirado, 2015-03-24 Un pie diabético es un pie con heridas o úlceras en una persona que padece de diabetes El pie diabético se produce debido a la disfunción de los nervios periféricos en estos pacientes En España la diabetes mellitus afecta a más del 13% de la población adulta mayor de 18 años y su prevalencia sigue aumentando año tras año Enfermera es la encargada de realizar las curas a dichos pacientes Este trabajo trata sobre una revisión bibliográfica sobre el pie diabético en la que consiste los cuidados que requiere su tratamiento y su relación con la labor actual de enfermera en dicho campo **Pie diabético** Tomás Céspedes Céspedes, Adelina Dorca, 1996-11

Diagnóstico y tratamiento de las infecciones del Pie Diabético Diego de Alcalá Martínez Gómez, 2010 Manejo integral del pie diabético. Cómo evitar amputaciones Jorge Alberto Rodríguez García, César Ochoa Martínez, Alma Nelly Rodríguez Alcocer, 2024-12-03 El pie diabético es un problema de salud complejo y costoso Es considerado un problema complejo debido a la heterogeneidad que incluye el determinante social de la salud el cual tiene un impacto significativo en la prestación de atención de cuidados de salud Es importante comprender el impacto que la heterogeneidad tiene en el cumplimiento y la adherencia por parte tanto del paciente como de los profesionales de la salud involucrados en su manejo Para impactar el cambio es imperativo que el médico de atención primaria integre los sistemas de clasificación de riesgos de pies y heridas en la salud de la población sistemas de prestación de servicios para mejorar la calidad disminuir los costos y mejorar el valor dentro del sistema de atención médica La evidencia apoya cuando los sistemas se utilizan en un enfoque de equipo que los resultados se mejoran y las tasas de amputación morbilidad y mortalidad por complicaciones del pie diabético disminuyen

La Diabetes en la Práctica Clínica Francisco Javier Tébar Massó, 2014-07-17 El lector va a encontrar suficientes datos para una buena práctica clínica Para ello esta obra refleja la mayor parte de problemas de esta enfermedad y que estos problemas sean analizados y expuestos por expertos en las diferentes áreas *Levin y O'Neal. El pie diabético* John H. Bowker, 2008-06-15 Séptima edición de esta obra de referencia totalmente actualizada y a todo color que continúa con su objetivo tradicional de proporcionar la información más completa y actualizada sobre el diagnóstico y el tratamiento lo que contribuye a que el especialista pueda manejar más eficazmente los problemas que padecen los pacientes con pie diabético Las más de 650 páginas se dividen en 33 capítulos escritos por 58 autores de los cuales 23 han sido completamente actualizados por sus autores mientras que ocho son de nueva autoría Han sido organizados en seis secciones la última dedicada a los aspectos médicos legales Destaca la presencia de cuadros al final de la mayoría de capítulos que contienen Claves y Dilemas un instrumento muy útil para destacar los puntos críticos Proporciona perspectivas multidisciplinares a los diferentes profesionales que participan en el abordaje de los pacientes diabéticos con estas complicaciones lo que incluye ortopedas

endocrinólogos cirujanos vasculares podólogos y enfermeras entre otros Tanto los editores como los autores que han participado en esta edición esperan que la información presentada sea de utilidad para reducir el alarmante índice de amputaciones asociadas a la diabetes mellitus Obra de referencia totalmente actualizada y a todo color que en su séptima edición continúa con su objetivo tradicional de proporcionar la información más completa y actualizada sobre el diagnóstico y el tratamiento de los pacientes con pie diabético Destaca la presencia de cuadros al final de la mayoría de capítulos que contienen Claves y Dilemas un instrumento muy útil para destacar los puntos críticos Proporciona perspectivas multidisciplinares a los diferentes profesionales que participan en el abordaje de los pacientes diabéticos con estas complicaciones El Pie Diabético García Herrera, 2004-07 Obra dirigida fundamentalmente a todo el equipo multidisciplinar que trata detalladamente la patología del pie diabético una de las complicaciones más frecuentes y causa de mayores consultas médicas de la diabetes Posee un objetivo triple poner en práctica un modelo técnico de educación que incluya a todos los profesionales de la asistencia médica mejorar el manejo de la enfermedad y la prevención de sus complicaciones y tratarla en el momento adecuado de modo que se eviten las complicaciones que pudieran derivarse Contiene una valoración integral del pie diabético desde la definición etiopatogenia epidemiología diagnóstico para lo que además de la exploración se establecen las pruebas complementarias necesarias hasta las técnicas más novedosas de tratamiento médico y quirúrgico control endocrino metabólico tratamiento de la microangiopatía tratamiento de la macroangiopatía de la neuropatía la forma de la terapia antibiótica el tratamiento técnico del paciente la utilidad de los cuidados del podólogo etc Trata detalladamente la patología del pie diabético una de las complicaciones más frecuentes y causa de mayores consultas médicas de la diabetes Contiene una valoración integral del pie diabético desde la definición etiopatogenia epidemiología diagnóstico hasta las técnicas más novedosas de tratamiento médico y quirúrgico **Diabetes Mellitus** Ana Garzarán Teijeiro, 2004-09 Placing crucial information at patients fingertips this series provides the necessary knowledge compiled by expert doctors for patients to approach their healthcare prepared and informed Written for a general audience these guides include information on symptoms medications treatments side effects pain management and how to live with various chronic illnesses that often alter daily activities Ciclos sobre el avance continuo de la medicina, 1978

Enfermedades Infecciosas Gerald L. Mandell, John E. Bennett, Raphael Dolin, 2006-03-08 De valor incuestionable posiblemente esta obra sea uno de las imprescindibles de la literatura médica mundial y sin duda alguna la referencia por antonomasia en el campo de las enfermedades infecciosas La gran importancia de esta obra radica en el hecho de que las enfermedades infecciosas traspasan los límites habituales establecidos por las especialidades médicas pueden afectar a todos los sistemas orgánicos y todos los médicos asistenciales pueden tener que enfrentarse a pacientes infecciosos Por ello el formato de este libro se diseñó para ayudar al médico de distintas especialidades en la comprensión del diagnóstico y el tratamiento de los procesos infecciosos Uno de los elementos que han sido clave para el éxito de esta obra es la planificación

de la misma siguiendo patrones organizativos diferentes El sistema adoptado permite que el lector enfoque al paciente infeccioso desde tres ngulos distintos primero desde el s ndrome cl nico fundamental segundo desde el microorganismo etiol gico espec fico y tercero desde las caracter sticas del hu sped en los pacientes afectados Con esta estructura Enfermedades Infecciosas consta de cuatro partes principales La parte I trata los principios b sicos necesarios para una comprensi n clara de los conceptos de diagn stico y tratamiento del proceso infeccioso La parte II trata los principales s ndromes cl nicos tras cuya descripci n se presenta un an lisis de los posibles agentes etiol gicos la evaluaci n de los posibles diagn sticos diferenciales y un resumen del tratamiento emp rico En esta parte del libro se describen todas las enfermedades infecciosas fundamentales La parte III describe todos los microorganismos pat genos relevantes para el ser humano y las enfermedades que provocan Se puede encontrar la informaci n m s detallada de la enfermedad si se lee tanto el apartado del agente etiol gico como el del s ndrome cl nico La parte IV trata los problemas especiales de las enfermedades infecciosas infecciones nosocomiales infecciones en hu spedes comprometidos inmunizaciones y protecci n del viajero Esta sexta edici n presenta algunas novedades muy importantes respecto a ediciones anteriores adem s de la actualizaci n completa de contenidos Por un lado por primera vez se ha dise ado completa a todo color y por otro viene acompa ada de un CD con la galer a de im genes del libro descargables a Power Point a la vez que incluye un c digo para tener acceso a la p gina web del libro con el contenido completo del libro en ingl s y actualizaciones continuas con los ltimos avances m dicos de modo que el contenido del libro siempre est actualizado y que permite tambi n seleccionar p ginas hacer anotaciones a las mismas y descargar p ginas para PDA base de datos de medicamentos y enlaces a otras webs Esta obra es una de las imprescindibles de la literatura m dica mundial y sin duda alguna la referencia por antonomasia en el campo de las enfermedades infecciosas El formato de este libro se dise para ayudar al m dico de distintas especialidades en la comprensi n el diagn stico y el tratamiento de los procesos infecciosos El sistema adoptado permite que el lector enfoque al paciente infeccioso desde tres ngulos distintos primero desde el s ndrome cl nico fundamental segundo desde el microorganismo etiol gico espec fico y tercero desde las caracter sticas del hu sped en los pacientes afectados Esta sexta edici n presenta algunas novedades muy importantes respecto a ediciones anteriores adem s de la actualizaci n completa de contenidos Incluye CD con la galer a de im genes descargables a Power Point c digo para tener acceso a la p gina web del libro con el contenido completo del libro en ingl s y sus actualizaciones y que permite tambi n seleccionar p ginas hacer anotaciones a las mismas y descargar p ginas para PDA base de datos de medicamentos y enlaces a otras webs Esta sexta edicion presenta algunas novedades muy importantes respecto a ediciones anteriores ademas de la actualizacion completa de contenidos Por un lado por primera vez se ha dise nado completa a todo color y por otro viene acompa nada de un CD con la galeria de imagenes del libro descargables a Power Point a la vez que incluye un codigo para tener acceso a la pagina web del libro con el contenido completo del libro en ingles y actualizaciones continuas con los ultimos avances medicos de modo que el contenido del libro

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[The Diabetic Foot: Preventing Loss and Amputation A Pictorial Approach / El Pie Diabético: Prevenir la Pérdida Y la Amputación Un Enfoque](#) Michael J. Marcus,2021 The book presents vital information on how diabetes affects the foot ankle and aims to reduce the extent frequency of limb loss It is presented in both English Spanish [Revista médica de Chile](#) ,1896 **Bibliografía uruguaya de medicina** ,1980 Se han tenido en cuenta los trabajos publicados en revistas uruguayas asi como en lo posible los publicados por autores nacionales en revistas extranjeras

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