BMJ Open

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Journal:	*BMJ Open*
Manuscript ID	bmjopen-2019-034058
Article Type:	Original research
Date Submitted by the Author:	03-Sep-2019
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Keywords:	Diabetic foot < DIABETES & ENDOCRINOLOGY, DIABETES & ENDOCRINOLOGY, Bangladesh, diabetic foot ulcer risk, International Working Group on the Diabetic Foot, diabetic foot ulcer

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Risk of diabetic foot ulcer and its predictors among Bangladeshi subjects: a multi-centric cross-sectional study

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Word count (main text): 5198 (including tables and excluding references)

Word count (abstract): 265 (excluding keywords)

Abstract

Objective

To assess the risk of diabetic foot ulcer (DFU) and find out its predictors among type 2 diabetic (T2D) subjects of Bangladesh.

Design, setting and participants

This cross-sectional study recruited 1200 T2D subjects who visited sixteen centres of Health Care Development Project's owned by Diabetic Association of Bangladesh (DAB).

Primary and secondary outcome measures

Risk of DFU was assessed using modified version of International Working Group on the Diabetic Foot (IWGDF) Risk Classification System. This classification system was based on five parameters namely peripheral neuropathy (PN), peripheral arterial diseases (PAD), deformity, ulcer history and amputation. The risks were categorized as Group 0 (no PN, no PAD), Group 1 (PN, no PAD, and no deformity), Group 2A (PN and deformity, no PAD), Group 2B (PAD), Group 3A (ulcer history) and Group 3B (amputation). The predictors of DFU risk were determined using multinomial logistic regression for each risk category separately.

Interventions: not applicable for this manuscript.

Results:

Overall 44.5% of the participants were 'at risk' of DFU. The burden was higher among men (45.6%) and those lived in rural areas (45.5%). According to IWGDF categories, the risk was distributed as 55.5%, 4.2%, 11.6%, 0.3%, 20.6% and 7.9% for group 0, group 1, group 2A, group 2B, group 3A and group 3B respectively. The predictors of DFU (odd ratio > 1) were age ≥ 50 years, rural area, low economy status, insulin use, history of trauma, diabetic retinopathy and diabetic nephropathy.

Conclusion

Significant proportion of T2D subjects of Bangladesh was at risk of DFU that demands effective screening program to reduce the DFU related morbidity and mortality.

Keywords: diabetes; diabetic foot ulcer; diabetic foot ulcer risk; Bangladesh; International Working Group on the Diabetic Foot; predictors; risk factors

Article summary

Strengths and limitations of this study

- First study in Bangladesh that prompted to assess the risk of DFU among Bangladeshi subjects using a standard tool
- First time, the predictors of DFU was explored to guide the prevention effort
- Area-wise and gender-wise risk difference will help to identify the disparities and promote decentralization of diabetes foot care for all
- Cross-sectional design did not allow to establish any causal relationship
- The risk may be overestimated or underestimated as all the centers were not provided same quality diabetes care

Introduction

In recent years, the epidemic of diabetes mellitus (DM) has become a fast-expanding public health problem affecting both developed and developing countries [1]. The International Diabetes Federation (IDF) reported that about 415 million people had DM globally and it will be projected to reach 642 million by 2040 or may be even doubled by the year 2040 [2]. Among the clinical classifications of DM, Type 2 diabetes (T2D) is more common and prevalent in certain ethnic groups, estimates are of up to six times more common in people of South Asian descent, three times more common in those of African and African-Caribbean descent, and is more common in people of Chinese descent compared with the white

population [3]. Like other developed and developing countries, it is also an epidemic in Bangladesh. Evidence suggested that 9.7% of Bangladeshi adult population (>35 years) are diabetic and 22.4% are prediabetic [4]. Trend analysis revealed an increasing prevalence of DM in Bangladesh as from 4% in 1995 to 2000 and 5% in 2001 to 2005 to 9% in 2006 to 2010 respectively [5]. As the prevalence of diabetes increases, the prevalence of long-term diabetes-related complications is also likely to increase. Diabetic foot ulcer (DFU) is a common and important complication of diabetes, representing a major healthcare burden with significant morbidity [6].

Diabetic foot is defined as the presence of infection, ulceration and/or destruction of deep tissues associated with neurologic abnormalities and various degrees of peripheral arterial disease (PAD) in the lower limb in patients with diabetes [7]. It is a significant cause of morbidity and can lead to prolonged hospital stays, which is evidenced by the fact that ~20% of hospitalizations related to diabetes involve DFU [8]. The mortality rate in patients with DFU is also high and is approximately twice that of patients without ulceration [9]. Other than the morbidity and mortality, the toll of economic burden in terms of direct and indirect cost is also high for those having DFU, estimated approximately €11.6 billion per year for Europe in 2017 and €7.6–11 billion among Medicare beneficiaries of United States from 2007 to 2014. Another issue related to foot ulcers among diabetic patient is health-related quality of life that cannot be measured in economic terms. It has reported that patients with foot ulcers or amputation have low health-related quality of life due to substantial burden of depression and other physical problems like inability to do simple task or recreational activities [7].

The major risk factors of DFU are a loss of protective sensation due to diabetic peripheral neuropathy (DPN), peripheral arterial diseases (PAD) and trauma. However, first two are not independently responsible for DFU; it is the combination of triad of neuropathy and PAD

with trauma that leads to foot problems. It has reported that trauma and PAD are the major contributors to foot ulceration, and diabetic neuropathy is the common denominator in almost 90% of DFU. Other than these three leading risk factors, male gender, previous foot ulceration or amputation, foot deformities, calluses, Charcot arthropathy and high plantar pressures have been associated with an increased risk for foot ulceration. There are some diabetes related risk factors that also associated with risk of foot ulcers including duration of diabetes, poor glycaemic control, diabetic retinopathy, nephropathy, poor compliance of the patient with medical instructions and neglectful behavior. Some societal and behavioral risk factors also showed significant association with DFU including low socioeconomic condition, poor access to healthcare services, poor educational status, living alone and cigarette smoking [7, 10]. Previous studies reported that the risk of diabetic foot or amputation is significantly lower among the Asians compared to Europeans in the United Kingdom [11-12]. This reduced risk is probably due to low prevalence of DPN and PAD among Asians, but the exact reason is not fully understood. However, previous study reported the prevalence of DPN among Bangladeshi subjects was 19.7% and it was significantly as well as independently associated with age, mode of treatment, income, duration of diabetes and glycaemic status [13].

The best possible way to prevent DFU is identification of individuals at risk, proper health education and timely follow-up [14]. It has estimated that the lifetime risk of foot ulcers among diabetic population is 19% – 34% [7]. To overcome this burden of DFU, clinicians are recommended to estimate the risk and response to the associated factors that increase risk [10]. However, published data related to diabetic food risk assessment and associated factors among Bangladeshi subjects are absolutely lacking. Hence, we prompted to assess the risk of foot ulcers and sought to determine the factors that influenced the risk among T2D patients of Bangladesh.

Methods

Study design

This cross-sectional study was conducted among 1200 T2D patients visited multiple centres of Health Care Development Project's (HCDP) owned by Diabetic Association of Bangladesh (DAB). Total sixteen centres were selected; seven from Dhaka districts and rest nine from northern part of Bangladesh. We selected the centre purposively and followed convenient sampling technique to collect data from diabetic subjects. Exclusion criteria included presence of DFU during interview, acute illness of the subjects, unwilling to participate or those with mental instability. To meet the eligibility, the subjects were screened as having no DFU based on their self-reported statement, clinical history, foot examination and medical records review.

Data collection and measurement

The data collection procedure was comprised of two phases and conducted from July 2011 to June 2012. At first phase, face-to-face interview was conducted using pre-tested questionnaire adapted from STEP-wise approach to Surveillance (STEPS) of Noncommunicable diseases risk factors of World Health Organization (WHO) with appropriate modifications [15]. The questionnaire collected sociodemographic, behavioral risk factors (tobacco use, physical inactivity), diabetes (duration, medication) and its complications (retinopathy, nephropathy), and foot problem related information (neuropathy, PAD, trauma, Foot hygiene) of the participants. The blood glucose levels (fasting/random) and presence of diabetic nephropathy or retinopathy related information of the participants were extracted from their diabetes record book. The last record within one month was considered to assess glycaemic status. In second phase, physical measurements (anthropometric and blood pressure) and foot examination were carried out by trained physicians. The anthropometric and blood pressure measurement followed the methods

described in 'Noncommunicable disease risk factors survey Bangladesh 2010' [16]. The anthropometric measurements included height, weight, waist circumference, hip circumference, and their derivatives like body mass index (BMI) and waist-hip ratio. The foot examination was the part of DFU risk assessment that described below briefly.

Assessment of DFU

Risk of DFU was assessed using modified version International Working Group on the Diabetic Foot (IWGDF) Risk Classification System proposed by Lavery *et al.* [17]. We screened each patient to identify lower extremity complications and presence of any risk factors like ulcerations, amputation, peripheral neuropathy (PN), PAD, foot deformities, limited joint mobility, and abnormal foot pressures using the methods followed by Lavery *et al.* [17-18]. We used a 10-g Semmes-Weinstein monofilament and vibration perception threshold tester to assess peripheral neuropathy (PN), Ankle Brachial Index (ABI) to detect PAD, Goniometer to identify foot deformity and clinical examinations to evaluate joint mobility. We defined PAD as non-palpable dorsalis pedis or posterior tibial arterial pulse and ankle brachial index in either foot < 0.80. The deformity was defined as any contracture that could not be fully corrected manually, such as hallux valgus, hammer toes or claw toes, hallux rigidus and ankle equines [17]. Again, infection was defined by criteria consistent with the International Working Group and Infectious Diseases Society of America guidelines [19]. The risks were categorized according to modified IWGDF risk classification system: Group 0 (no PN, no PAD), Group 1 (PN, no PAD, no deformity), Group 2A (PN and deformity, no PAD), Group 2B (PAD), Group 3A (ulcer history) and Group 3B (amputation). Here, Group 0 indicated 'no risk' and rest of the groups (1, 2A, 2B, 3A, 3B) classified the study population 'at risk' of varying degree.

Quality assurance

To ensure standard quality control, a panel of senior researchers and survey investigators visited the data collection sites to monitor the activities. To prevent bias, anonymity of the monitoring panel was preserved to the data collectors. All team members including investigators, supervisor and data collectors were participated in an intensive 3-consecutive training programme in Dhaka before commencement of the survey. First training program was conducted for the physicians who involved in foot examination. This training program was focused on "Detection of Diabetic Foot Problem at the Early Stage" through screening using standard instrument. A highly qualified neurologist from a reputed post-graduate training institution was appointed as a resource person to conduct the sessions. Second and third training was conducted for volunteer data collectors who interviewed the respondents to fill-up the questionnaire. The purpose of these training was to inform the data collectors about potential difficulties associated with data collection. During this intensive training, data collectors got practical training about mode of self-administration of the questionnaire, mode of physical measurement and maintenances of data collection environment. Other than these initiatives, to assure quality of the study we also followed certain protocol as (1) pre-testing of the whole procedure (2) used standard method of measurement as per STEPS survey of Bangladesh 2010 (3) used show cards to better understanding of different forms of tobacco use and intensity of physical activities (4) maintained adequate privacy during physical measurements and clinical examinations (5) applied robust equipment for physical measurement and clinical examination. None of the quality control observer reported any violation of physical measurement and data collection.

Patient and public involvement

We collected data from the patients who visited the selected diabetes care centers of DAB. However, they were not involved directly in the setting of the research question or the outcome measures. They did not have any role in designing or implementing this work or

interpretation of the results. We were unable to disseminate results of this study directly to study participants due to the anonymous nature of the data. We had a plan to disseminate our findings to the general population through the local and national press.

Ethical consideration

The purpose of the study, rights of the respondents and data safety issues were explained to the participants. All subjects gave their informed written consent for inclusion before they participated in the study. The study was conducted in accordance with the Declaration of Helsinki, and the protocol was approved by the Ethical Review Committee of Bangladesh Diabetic Association (Identification number: BADAS/BIO/EA/11/033) on 17th January 2011.

Data processing and analysis

Data were analyzed using the Statistical Package for Social Science (SPSS) version 20.0 for Windows (SPSS, Inc. Chicago. IL.USA). All estimates of precision were presented at 95% confidence interval (CI) in the tables. Descriptive analysis included mean, standard deviation (SD), median and interquartile range (IQR), frequencies and percentages where appropriate. In this study the p-value was considered statistically significant at a threshold of $p < 0.05$. In our study, we found only three respondents having PAD. Hence, we had to merge group 2B with group 2A and made a new variable namely group 2-A/B which was implied in multinomial logistic regression analysis. To find out the predictors, we run chi-square test and the variables showed significant association ($p < 0.05$) with the modified IWGDF risk classification were identified. Then those variables were examined as independent variable against the dependent variable in the multinomial logistic regression analysis. For multinomial logistic regression analysis, we calculated odds ratios (OR), and 95% CI for each independent variable. In the regression table, predictors those had OR > 1 were presented for each risk category. We ensured presence of no multicollinearity using Variance Inflation Factor (VIF) to run the regression analysis.

We used the STROBE (Strengthening the Reporting of Observational Studies in Epidemiology) guidelines for reporting the cross-sectional observational study [20].

Results

Sociodemographic characteristics and diabetes related information

The mean age of the participants was 51.6 ± 11.9 years and most of them were 50 - 59 years age group (33.1%). More than half of the participants were women (62.9%) and predominantly urban residents (67.3%). Most of them completed primary level education (36.7%), married (99%), housewives (57.8%) and came from middle-income background (44.5%). However, urban participants were more literate (88.2%) and economically stable (60.3% > lower-middle-income range) than their rural counterpart. The mean duration of diabetes was 6.9 ± 5.9 years and majority of them had uncontrolled glycaemic status (89.3%). Among the diabetes related complications, the proportion of retinopathy (14.3%) was much higher than the nephropathy (5.6%). No mentionable urban-rural difference was observed for glycaemic status and diabetic nephropathy (Table 1).

Table 1: Sociodemographic and diabetes related information of the study subjects, n=1200

Variables	Urban		Rural		Total	
	n (%)	95% CI	n (%)	95% CI	n (%)	95% CI
Age (years)*	52.3 ± 11.9		50.2 ± 11.8		51.6 ± 11.9	
Age categories (years)						
< 30	52 (4)	2.6 – 5.4	22 (5.6)	3.3 – 7.9	54 (4.5)	3.3 – 5.7
30 - 39	63 (7.8)	5.9 – 9.7	39 (9.9)	14.6 - 18	102 (8.5)	6.9 – 10.1
40 - 49	212 (26.3)	23.3 – 29.3	109 (27.7)	23.3 – 32.1	321 (26.8)	24.3 – 29.3
50 - 59	270 (33.5)	30.2 – 36.8	127 (32.3)	27.7 – 36.9	397 (33.1)	30.4 – 35.8
≥ 60	230 (28.5)	25.4 – 31.6	96 (24.4)	20.2 – 28.6	326 (27.2)	24.7 – 29.7
Gender						
Men	302 (37.4)	34.1 – 40.7	143 (36.4)	31.6 – 41.2	445 (37.1)	34.4 – 39.8
Women	505 (62.6)	59.3 – 65.9	250 (63.6)	58.8 – 68.4	755 (62.9)	60.2 – 65.6
Educational status						
Illiterate	95 (11.8)	9.6 – 14	107 (27.2)	22.8 – 31.6	210 (16.8)	14.7 – 18.9
Primary	288 (35.7)	32.4 – 39	152 (38.7)	33.9 – 43.5	440 (36.7)	34 – 39.4
Secondary	265 (32.8)	29.6 – 36	98 (24.9)	20.6 – 29.2	363 (30.3)	27.7 – 32.9
Higher education	159 (19.7)	17 – 22.4	36 (9.2)	6.3 – 12.1	195 (16.3)	14.2 – 18.4
Marital status						
Married	797 (98.8)	98 – 99.6	391 (99.5)	98.8 – 100.2	1188 (99)	98.4 – 99.6
Others	10 (1.2)	0.4 – 2	2 (0.5)	-0.2 – 1.2	12 (1)	0.4 – 1.6

Occupational status						
Service holder	184 (22.8)	19.9 – 25.7	49 (12.5)	9.2 – 15.8	233 (19.4)	17.2 – 21.6
Business	89 (11)	8.8 – 13.2	38 (9.7)	6.8 – 12.6	127 (10.6)	8.9 – 12.3
Housewife	462 (57.2)	53.8 – 60.6	231 (58.8)	53.9 – 63.7	693 (57.8)	55 – 60.6
Others	72 (8.9)	6.9 – 10.9	75 (15.2)	11.7 – 18.7	147 (12.3)	10.4 – 14.2
Monthly household income (BDT) †	20000 (10000 – 40000)		10000 (6000 – 20000)		20000 (10000 – 30000)	
Monthly household income groups						
<4907 (low)	21 (2.6)	1.5 – 3.7	41 (10.4)	7.4 – 13.4	62 (5.2)	3.9 – 6.5
4907–19,488 (lower-middle)	299 (37.1)	33.8 – 40.4	238 (60.6)	55.8 – 65.4	537 (44.8)	42 – 47.6
19489–60252 (upper-middle)	422 (52.3)	48.9 – 55.7	108 (27.5)	23.1 – 31.9	530 (44.2)	41.4 – 47
>60,252 (high)	65 (8.1)	6.2 – 10	6 (1.5)	0.3 – 2.7	71 (5.9)	4.6 – 7.2
Duration of diabetes (years)*	7.3 ± 6		6.3 ± 5.8		6.9 ± 5.9	
Glycaemic status§						
Controlled	87 (10.8)	8.7 – 12.9	42 (10.7)	7.6 -13.8	129 (10.8)	9 – 12.6
Uncontrolled	720 (89.2)	87.1 – 91.3	351 (89.3)	86.2 – 92.4	1071 (89.3)	87.6 – 91
Diabetic retinopathy	134 (16.6)	14 – 19.2	38 (9.7)	6.8 – 12.6	172 (14.3)	12.3 – 16.3
Diabetic nephropathy	46 (5.7)	4.1 – 7.3	21 (5.3)	3.1 – 7.5	67 (5.6)	4.3 – 6.9

*Representing mean and standard deviation,
†Presented as median with interquartile range,
‡ According to the 2006 per-capita gross national income (GNI) and the World Bank calculation,
§Based on plasma glucose level pre-meal (fasting) < 6.1 mmol/l and / two hours post meal < 7.8 mmol/l

Risk of DFU among the study population

Here, Table 2 depicted the gender and area-based distribution of DFU risk according to modified version of IWGDF classification. Overall 44.5% of the study population were diagnosed as 'at risk' of DFU and the burden was higher among men (45.6%) and those lived in rural areas (45.5%). The risk of DFU according to modified version of IWGDF was 55.5%, 4.2%, 11.6%, 0.3%, 20.6% and 7.9% for group 0, group 1, group 2A, group 2B, group 3A and group 3B respectively. Among the six groups of risk classification, group 3A (ulcer history) showed maximum burden (20.6%) compared to other groups. Gender and area-wise distribution revealed that 21.8% men and one fourth of the rural residents (25.7%) had the previous history of foot ulceration than their counterpart.

Table 2: Gender and area-based distribution of DFU risk among the study subjects, n = 1200

IWGDF DFU risk classification	Gender		Area of residence		Overall
	Men	Women	Urban	Rural	
	n (%)	n (%)	n (%)	n (%)	n (%)
Group 0 (no PN, no PAD)	242 (54.4)	430 (57)	452 (56)	214 (54.5)	666 (55.5)

Group 1 (PN, no PAD, no deformity)	18 (4)	32 (4.2)	32 (4)	18 (4.6)	50 (4.2)
Group 2A (PN and deformity, no PAD)	49 (11)	90 (11.9)	103 (12.8)	36 (9.2)	139 (11.6)
Group 2B (PAD)	1(0.2)	2 (0.3)	3 (0.4)	0	3 (0.3)
Group 3A (ulcer history)	97 (21.8)	150 (19.9)	146 (18.1)	101 (25.7)	247 (20.6)
Group 3B (amputation)	38 (8.5)	57 (7.5)	71 (8.8)	24 (6.1)	95 (7.9)

IWGDF, International Working Group on the Diabetic Foot**;** DFU, diabetic foot ulcer, PN, peripheral neuropathy; PAD, peripheral arterial disease

Predictors of DFU risk among the study subjects

Here, Table 3 depicted the predictors of DFU risk among the study population. Total six predictors were identified those showed high odds (>1) for different groups of risk as age (group 2, OR 1.212; group 3B, OR 1.173), area of residence (group 1, OR 1.188; group 3A, OR 1.461), monthly income (group 2, OR 1.491; group 3A, OR 1.415; group 3B, OR 1.768), medication (group 2, OR 1.014), history of trauma (group 1, OR 2.015; group 2, OR 1.032; group 3A, OR 2.998; group 3B, OR 3.104), diabetic retinopathy (group 1, OR 1.104; group 3B, OR, 1.933) and diabetic nephropathy (group 1, OR 2.174; group 3A, OR 1.260; group 3B, OR 2.389). Overall, the odds for risk of DFU was higher among those having age ≥ 50 years, living in rural area, monthly income ≤ 19,488 BDT, with previous history of trauma, insulin user and having diabetic complications as retinopathy or nephropathy.

Table 3: Predictors of diabetic foot ulcer among type 2 diabetic subjects of Bangladesh using multinomial logistic regression, n = 1200

Risk groups	Predictors	B	*p*-value	OR	95% CI for OR	
					Lower Bound	Upper Bound
Group 1	Area of residence					
	Rural area	0.172	0.573	1.188	0.652	2.165
	Urban area			*Ref.*		
	History of trauma					
	Present	0.7	0.076	2.015	0.929	4.369
	Absent			*Ref.*		
	Diabetic retinopathy					
	Present	0.099	0.814	1.104	0.486	2.508
	Absent			*Ref.*		
	Diabetic nephropathy					
	Present	0.526	0.14	2.174	755	6.099
	Absent			*Ref.*		
Group 2-A/B†	Age					
	≥ 50 years	0.192	0.324	1.212	0.827	1.774

	< 50 years				*Ref.*		
	Monthly income (BDT)						
	≤ 19,488	0.4	0.039*	1.491		1.020	2.181
	> 19,488				*Ref.*		
	Medication						
	Insulin user	0.013	0.945	1.014		0.692	1.485
	Insulin non-user				*Ref.*		
	History of trauma						
	Present	0.032	0.916	1.032		0.570	1.870
	Absent				*Ref.*		
Group 3A	Area of residence						
	Rural area	0.379	0.014*	1.461		1.081	1.975
	Urban area				*Ref.*		
	Monthly income (BDT)						
	≤ 19,488	0.347	0.031*	1.415		1.032	1.940
	> 19,488				*Ref.*		
	History of trauma						
	Present	1.098	< 0.001*	2.998		2.044	4.396
	Absent				*Ref.*		
	Diabetic Nephropathy						
	Present	0.231	0.504	1.260		0.640	2.482
	Absent				*Ref.*		
Group 3B	Age						
	≥ 50 years	0.160	0.494	1.173		0.742	1.854
	< 50 years				*Ref.*		
	Monthly income (BDT)						
	≤ 19,488	0.570	0.016*	1.768		1.114	2.805
	> 19,488				*Ref.*		
	History of trauma						
	Present	1.133	< 0.001*	3.104		1.810	5.324
	Absent				*Ref.*		
	Diabetic retinopathy						
	Present	0.659	0.018*	1.933		1.122	3.329
	Absent				*Ref.*		
	Diabetic nephropathy						
	Present	0.871	0.024*	2.389		1.123	5.083
	Absent				*Ref.*		

OR, odd-ratio; CI, confidence interval; Ref, reference; BDT, Bangladesh taka
*indicates significant
†Group 2B was merged with 2A as the participants were very few in the group 2B

Discussion

Our study demonstrated that nearly half (45%) of the T2D subjects of Bangladesh were at risk of DFU and rural population was mostly affected. This finding was significant as there is no straight forward evidence on risk of DFU among T2D population of Bangladesh. Moreover, the contributing factors have not yet been explored from the Bangladesh perspective to take an effective initiative to reduce the burden of associated morbidity and mortality.

In our modified DFU risk classification as per IWGDF, higher burden was observed in the group of those had previous history of foot ulcer (20.6%). This proportion is much higher than the Iranian study that detected only 7% of the study subjects had previous history of foot ulceration [21]. Our finding was also higher than the European country Portugal that reported previous history of DFU among 16% of study subjects using modified IWGDF risk classification [22]. Although it has estimated that the annual risk of DFU is around 2%, this risk in patients with previous history of foot ulceration is expected to increase to 17–60% over the next three years [23]. Several studies reported the cumulative burden of previous history of foot ulcer and amputation as a part of diabetic foot risk assessment. In our study, the cumulative proportion of previous history of foot ulcer and amputation was 14.3% which was twice of the study conducted in neighboring country India [24,25] and half of the Portugal [22]. A follow-up study of USA detected nearly three-times higher proportion of foot ulcer or amputation compared to current study [26]. In this regard, a systematic review comprised of 41 documents by Hunt et al. found that the person with previous history of DFU have the 66% and 12% five-years cumulative rate of ulcer recurrence and amputation respectively [27].

We have mentioned previously that PN is one of the major risk factors of DFU. In our study, 4.2% of the T2D subjects had only PN and 11.6% had PN with deformity, represented as group 1 and group 2A respectively. This finding was much lower compared to similar studies conducted among subjects of India [24,28-29] and Iran [21,29]. However, this burden is higher than the European country Portugal [22]. Current study classified very low proportion of T2D subjects as having PAD compared to aforementioned studies [21-22,24,28-30]. The overall burden of 'at risk' (other than group 0) T2D subjects of this study were also lower than the findings of India [28-29] and Portugal [22]. However, proportion of 'at risk' subjects was more than twice of aforementioned Indian [24] and Iranian study [21]. The reasons of

risk difference in different countries are still unclear. The study of Abott et al. tried to explore this risk difference among different ethnic population including South-Asians, African-Caribbean's and Europeans of United Kingdom [11]. They reported the possibilities of such difference might be due to methods applied to detect neuropathy, provision of primary health care services, such as diabetes mini-clinics, podiatric care, and referrals for special footwear for the health care districts and variable quality of health care. Regarding burden of risk factors of DFU, Abott et al. added that the lower level of PN and PAD also contributed for less percentage of South-Asian population 'at risk' compared to Europeans. Another cause of DFU risk difference is application of various risk classification system in different countries. We applied modified IWGDF risk classification similar to the study of Iran [21] and Portugal [11], where one of the two Indian [24] study applied semi-structured pre-tested questionnaire and another [28] applied American Diabetic Association (ADA) task force report for comprehensive foot examination risk classification.

Our study demonstrated gender-wise and area-wise difference in risk of DFU among T2D population of Bangladesh. Overall proportion of DFU risk was higher among men than their counterpart women and previous studies [7,21,24,31] also reported similar findings. However, a community-based study of India reported that the DFU risk was high in women [25], contradictory to our finding. Current study demonstrated that the risk of DFU was greater among men with previous history of ulcer or amputation. This higher burden of foot ulcer history or amputation in men was also supported by another study of Iran using IWGDF risk classification system [21]. This men-to-women risk difference might be due to diabetes related healthy behavioral practice, health seeking behavior and self-care. In this regard, a Brazilian study reported that gender was significantly associated with changes of lifestyle behavior that related to control of T2D, foot self-care and prevent ulceration, and women were more adhere to lifestyle changes than men [32]. Same study also reported that men were

highly reluctant to check their glycaemic status and lipid profile compared to women [31]. In this case, the fact is that women are more sensitive to their health issues and more frequently seek health services than men [33,34].

According to urban-rural difference, we found the risk was higher among those lived in a rural area and this finding was also supported by other studies [24,29,35]. The possible explanation included that the diabetic patients of rural area are not aware about their PN due to illiteracy, especially lack of knowledge about diabetic foot related complications. Hence, they used to barefoot walking that lead to injury to the foot and subsequent complications. [36] Another explanation included that individuals in rural areas often sleep in huts or farmhouses where rodents are common; rodent bites to the feet of the patients with diabetes can lead to chronic ulcers [35].

One of the major objectives of this study was to identify the predictors of DFU risk among Bangladeshi T2D population. Sociodemographic predictors including age ≥ 50 years, living in rural area and monthly income ≤ 19,488 BDT showed higher odds for the risk of DFU. In diabetic research, age is widely evaluated as a predictor of DFU. Like our study, there are some other studies that found age as a significant predictor [37-39]. In our study, age below 50 years was a protective factor and above this cut-off value was associated with development of DFU, also supported by the other studies that reported older age was a significant predictor [38,39]. Globally, findings about the association of economic status and area of residence with the risk of DFU are inconsistent. Current study demonstrated lower economic status (monthly income ≤ 19,488 BDT) and living in a rural area were the strong predictors of DFU. This finding was consistent with the results of other studies conducted in India [25,28] and Sri Lanka [40]. It has postulated that financial status is directly related to burden of risk factors leading to complications of chronic diseases. This is because lack of financial resources interferes in the access to healthcare services, options of treatments, and

hinders the adoption of preventive measures that are necessary to avoid amputations [32]. Regarding place of residence, significant urban-rural risk difference for DFU was explained by the study of Viswanathan et al. and we mentioned it in this section previously [35]. However, one study reported no association for the aforementioned predictors that concurred with the current study [41].

Our study informed that the odds for risk of DFU were higher among insulin user, having diabetic related complications as nephropathy and retinopathy. Previous studies also reported that use of insulin is a predictor of diabetic foot [30,42]. However, exact mechanism has not yet been explored and hence this finding is inconclusive. The possibility may include the fact that when patients acquiesce to start insulin, they may already have diabetes for a long time with greater associated complications [30]. Our findings of retinopathy and nephropathy were also supported by other studies [21,39,43-44]. Regarding nephropathy, it has suggested that about 10% of diabetic patient have a history of amputation when they entered into a dialysis program [45]. Several factors responsible for increased risk of DFU among nephropathy patients. They included co-existence of PN, peripheral vascular diseases, susceptibility to infection, reduce self-care, dialysis therapy and anemia [46]. On the other hand, one study reported that the prevalence of diabetic retinopathy was much higher (90%) among patients with DFU than those had no DFU [43]. Another study [44] applied IWGDF risk classification to predict DFU and they found that around 67.58% of patients had diabetic retinopathy and they were included in the risk group 3, similar to our study. In this regard, a systematic review and meta-analysis explained that both the retinopathy and nephropathy are microvascular complications. The impairment of microcirculation in T2D may lead to secondary complications in lower extremity due to dysfunctional vasodilatation. Moreover, patients of diabetic foot with retinopathy have higher level of diabetic biomarkers like ceruloplasmin. Again, this ceruloplasmin is an independent predictor of progression of

diabetic nephropathy in T2D patients. Thus, aforementioned explanation implied the link among DFU, retinopathy and nephropathy [47].

Previous history of trauma was identified as a significant predictor of DFU (group 3A, OR 2.998, $p < 0.001$; group 3B, $p < 0.001$) in our study. This finding was similar with other studies that reported significant association between previous history of trauma and DFU [48-50]. However, the exact mechanism of previous trauma leading to DFU is not clear that demands further research on this issue.

This study has some limitations that should be considered. First, the participating centers were not representative of the Bangladesh diabetes centers as a whole, considering their geographical distribution, as some areas were underrepresented or not represented at all. So, the results of our study cannot be extrapolated to the general diabetic population in Bangladesh. Second, in our study some diabetes related complications were underrepresented, especially for diabetic retinopathy and nephropathy. These co-morbidities were not based on real-time clinical examination of eyes and assessment of kidney functions, rather based on diabetic record books review. In the similar way, glycaemic status was evaluated using the values previously recorded in the diabetic record book instead of biochemical measurement during data collection.

Other than these issues, this study was important from the public health and clinical perspective. This was the first study of Bangladesh that predicted DFU risk in a moderately large sample of T2D population. Moreover, it was a multi-centric study that recruited respondents from world renowned DAB affiliated diabetes centers. The other strength of this study was gender-wise and area-wise reporting of DFU risk among the study subjects. This will help to address the gender and urban-rural disparities in diabetes foot care in Bangladesh and remodeling of the chain of diabetes centers where appropriate. Finally, and most importantly, first time we explored the predictors that influence the risk of DFU among

Bangladeshi T2D subjects. The clinicians of Bangladesh will concentrate more on these predictors during diabetes patient management as they are associated with significant morbidity and mortality resulting from DFU.

Conclusions

Current study detected a significant proportion of T2D population of Bangladesh were at high risk of DFU. This indicated that each and every diabetic patient must be screened for their foot ulcer risk factors according to IWGDF recommendation. In this regard, diabetic foot screening program can be introduced in primary health care system of Bangladesh. Based on the findings of this study, we also recommend that specialized diabetic foot care center should be established in both urban and rural area to stop the devastating consequences of DFU.

Funding

This study was funded by the Norwegian Award for Masters Studies (NOMA) through University of Oslo, Norway, awarded to Bangladesh Institute of Health Sciences, Bangladesh.

Conflicts of Interest

All authors have none to declare.

Data statement

Dataset is available in the supplementary file.

Author Contributions

Conceptualization, Palash Chandra Banik and Liaquat Ali; Data curation, Palash Chandra Banik and Rajib Mondal; Formal analysis, Palash Chandra Banik, Mohammad Moniruzzaman and Lingkan Barua; Methodology, Farhana Zaman, Mohammad

Moniruzzaman and Liaquat Ali; Resources, Farhana Zaman and Rajib Mondal; Supervision, Liaquat Ali; Writing – original draft, Lingkan Barua.

Acknowledgments

The authors would like to thank the Head of the Department of Community Medicine, Prof. Dr. MSA Mansur Ahmed for his kind cooperation to conduct the study and grateful to Diabetic Association of Bangladesh (DAB) for allowing us for data collection from their chain diabetes care centers.

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id	Center	Q1_age	Q1a_sex	rec_area	rec_edu	rec_occ	rec_marr	Q8_fam_inc
1	1	70	2	1	2	2	1	20000
2	1	55	2	2	3	3	1	5000
3	1	35	2	1	4	1	1	15000
4	1	57	2	1	3	3	1	35000
5	1	57	2	1	3	3	1	10000
6	1	50	2	1	2	3	1	20000
7	1	56	2	1	1	3	1	40000
8	1	55	2	1	2	3	1	50000
9	1	70	2	1	2	3	1	20000
10	1	75	2	1	2	3	1	50000
11	1	65	2	1	2	3	1	20000
12	1	60	2	1	2	3	1	10000
13	1	45	1	1	4	1	1	30000
14	1	58	2	1	3	3	1	60000
15	1	47	2	2	1	3	1	6000
16	1	62	1	1	4	1	1	100000
17	1	45	1	1	4	1	1	15000
18	1	34	1	2	2	4	1	6000
19	1	68	1	1	3	1	1	65000
20	1	58	1	1	4	2	1	100000
21	1	60	1	1	2	4	1	10000
22	1	51	2	2	2	3	1	6000
23	1	53	1	1	3	2	1	20000
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30	1	55	1	1	4	2	1	15000
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35	1	44	1	1	4	1	1	20000
36	1	40	1	2	4	1	1	4000
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44	1	48	1	1	4	1	1	7000
45	1	72	1	1	3	1	1	30000
46	1	58	1	1	2	2	1	90000
47	1	59	1	1	3	1	1	35000
48	1	65	1	1	4	1	1	35000
49	1	54	1	1	2	4	1	50000

50	1	58	1	1	2	4	1	20000
51	1	67	1	1	4	1	1	40000
52	1	50	1	1	4	1	1	20000
53	1	65	1	1	4	2	1	40000
54	1	78	1	1	4	1	1	20000
55	1	55	1	1	4	1	1	70000
56	1	41	1	1	4	4	1	90000
57	1	75	1	1	4	2	1	5000
58	1	76	1	1	4	1	1	40000
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61	1	63	1	1	2	1	1	50000
62	1	68	1	1	4	1	1	65000
63	1	58	1	1	2	2	1	100000
64	1	62	1	1	4	1	1	60000
65	1	50	1	1	3	1	1	10000
66	1	65	1	1	3	1	1	20000
67	1	61	1	1	3	4	1	100000
68	1	66	1	1	2	2	1	35000
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73	1	63	2	1	2	3	1	30000
74	1	56	2	1	2	3	1	35000
75	1	70	2	1	3	3	1	50000
76	1	50	2	2	1	3	1	30000
77	1	71	2	1	2	3	1	30000
78	1	70	2	1	2	3	1	20000
79	1	58	2	1	4	3	1	25000
80	1	70	1	1	2	3	1	30000
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85	1	52	2	1	2	3	1	30000
86	1	55	2	1	4	1	1	5000
87	1	55	2	1	2	1	1	6000
88	1	50	2	1	3	3	1	100000
89	1	59	2	1	3	3	1	60000
90	1	52	2	2	2	3	1	20000
91	1	42	2	2	3	1	1	5000
92	1	56	2	1	2	3	1	12000
93	1	50	2	1	4	1	1	50000
94	1	33	2	1	3	3	1	40000
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919	2	40	2	2	2	2	1	9000
920	2	57	2	1	2	3	1	50000
921	2	40	2	2	3	3	1	60000
922	2	45	2	2	1	4	1	20000
923	2	51	2	2	1	3	1	7000
924	2	56	2	2	3	3	1	10000
925	2	35	2	2	1	3	1	20000
926	2	75	2	2	1	3	1	20000
927	2	60	2	1	3	1	1	7000
928	2	56	2	2	2	3	1	20000
929	2	57	2	2	1	3	1	7000
930	2	72	2	1	3	1	1	3000
931	2	56	2	2	2	3	1	15000
932	2	60	2	2	3	3	1	6000
933	2	53	2	2	1	3	1	20000
934	2	40	2	2	1	3	1	5000
935	2	55	2	2	4	4	1	30000
936	2	67	2	1	1	3	1	15000
937	2	50	2	1	1	3	1	20000
938	2	47	2	1	1	3	1	3000
939	2	57	2	2	2	3	1	16000
940	2	27	2	1	4	3	1	5000
941	2	50	2	2	2	3	1	12000
942	2	53	2	2	2	3	1	15000
943	2	45	2	1	3	3	1	5000
944	2	52	2	2	3	3	1	30000
945	2	40	2	1	2	3	1	4000
946	2	47	1	1	3	1	1	5000
947	2	50	2	2	3	1	1	20000
948	2	50	2	1	3	1	2	8000
949	2	58	2	1	2	3	1	15000

950	2	50	2	1	3	1	1	8000
951	2	32	2	1	3	3	1	7000
952	2	40	2	1	2	3	1	10000
953	2	70	2	1	3	1	1	20000
954	2	50	2	1	3	3	1	16000
955	2	38	2	1	3	1	1	15000
956	2	49	2	2	2	3	1	35000
957	2	55	2	2	2	3	1	19000
958	2	35	2	2	2	3	1	7000
959	2	66	2	1	2	3	1	150000
960	2	57	2	1	3	1	1	22000
961	2	55	2	2	1	3	1	6000
962	2	65	2	1	3	1	1	6000
963	2	55	2	1	2	3	1	10000
964	2	50	2	2	2	3	1	6000
965	2	73	2	2	2	3	1	30000
966	2	59	2	2	3	3	1	15000
967	2	65	2	1	3	3	1	30000
968	2	60	2	1	2	3	1	5000
969	2	50	1	2	3	4	1	9000
970	2	56	1	2	4	1	1	20000
971	2	50	1	2	3	2	1	5000
972	2	75	1	1	3	2	1	7000
973	2	80	1	2	1	4	1	7000
974	2	60	1	2	2	4	2	20000
975	2	78	1	2	3	2	1	1000
976	2	52	1	1	3	1	1	20000
977	2	60	1	1	4	1	1	20000
978	2	51	1	2	1	4	1	12000
979	2	45	1	2	2	4	1	5000
980	2	60	1	1	4	4	1	20000
981	2	45	1	2	3	4	1	7000
982	2	67	1	2	3	4	1	8500
983	2	40	1	2	3	1	1	20000
984	2	63	1	2	3	1	1	8000
985	2	50	2	1	2	3	1	5000
986	2	35	2	2	1	3	1	7000
987	2	47	2	2	2	3	1	20000
988	2	50	2	2	3	3	1	10000
989	2	62	2	1	3	1	1	40000
990	2	62	2	1	2	3	1	10000
991	2	65	2	2	1	3	1	10000
992	2	62	2	1	2	3	1	5000
993	2	66	2	1	3	3	1	150000
994	2	73	2	1	3	3	1	15000
995	2	48	2	1	2	3	1	10000
996	2	50	2	2	3	3	1	12000
997	2	57	2	1	3	3	1	20000
998	2	47	2	1	3	3	1	25000
999	2	55	2	2	2	3	1	8000

1000	2	40	2	2	2	3	1	10000
1001	2	45	2	2	2	3	1	8000
1002	2	62	2	1	4	1	1	10000
1003	2	45	2	1	3	3	1	15000
1004	2	46	2	1	2	1	1	35000
1005	2	55	2	2	1	3	1	10000
1006	2	59	2	1	3	3	1	5000
1007	2	74	2	1	3	3	1	5000
1008	2	60	2	1	3	3	1	10000
1009	2	70	2	1	2	3	1	4000
1010	2	60	2	2	2	3	1	15000
1011	2	63	2	1	3	3	1	7000
1012	2	62	2	1	2	3	1	5000
1013	2	70	2	1	3	3	1	20000
1014	2	43	1	1	3	1	1	22000
1015	2	50	1	2	1	2	1	6000
1016	2	45	2	2	3	1	1	15000
1017	2	63	2	2	3	2	1	15000
1018	2	63	1	1	4	1	1	20000
1019	2	35	2	2	1	3	1	4000
1020	2	60	2	2	2	3	1	15000
1021	2	73	2	2	1	3	1	10000
1022	2	58	2	2	3	3	1	15000
1023	2	40	2	2	3	1	1	15000
1024	2	65	2	2	2	3	1	9000
1025	2	50	2	2	1	3	1	10000
1026	2	45	2	2	2	1	1	15000
1027	2	35	2	2	3	1	1	12000
1028	2	46	2	2	3	3	1	15000
1029	2	63	2	2	1	3	1	12000
1030	2	45	2	2	2	1	1	40000
1031	2	63	2	2	2	3	1	15000
1032	2	45	2	2	1	3	1	9000
1033	2	40	2	2	2	3	1	10000
1034	2	42	2	2	2	3	1	10000
1035	2	61	2	2	2	3	1	18000
1036	2	66	2	2	1	3	1	4000
1037	2	62	2	2	2	3	1	10000
1038	2	60	2	2	2	3	1	10000
1039	2	50	2	2	2	3	1	8000
1040	2	45	2	2	3	1	1	8000
1041	2	45	2	2	2	3	1	5000
1042	2	60	2	2	1	3	1	7000
1043	2	45	2	1	3	3	1	10000
1044	2	60	2	1	3	1	1	5000
1045	2	61	2	2	3	3	1	45000
1046	2	43	2	1	3	1	1	10000
1047	2	69	1	1	4	2	1	10000
1048	2	40	2	1	1	3	1	10000
1049	2	42	2	1	3	3	1	10000

1050	2	62	2	1	3	3	1	15000
1051	2	70	2	1	3	3	1	10000
1052	2	49	2	1	1	3	1	10000
1053	2	58	2	2	1	3	1	45000
1054	2	53	2	2	2	3	1	20000
1055	2	44	2	1	3	3	1	15000
1056	2	40	2	2	2	3	1	15000
1057	2	60	2	2	4	1	1	8000
1058	2	48	2	1	2	3	1	20000
1059	2	56	2	2	1	3	1	30000
1060	2	65	2	1	3	3	1	20000
1061	2	57	2	1	3	3	1	7000
1062	2	70	2	1	1	3	1	20000
1063	2	52	2	1	2	3	1	50000
1064	2	49	2	2	2	3	1	8000
1065	2	60	2	1	1	3	1	70000
1066	2	55	2	1	3	1	1	10000
1067	2	55	2	1	2	3	1	10000
1068	2	93	2	1	3	3	1	50000
1069	2	68	2	1	1	3	1	60000
1070	2	70	2	2	1	3	1	5000
1071	2	60	1	1	3	1	1	8000
1072	2	59	1	1	4	1	1	32000
1073	2	75	1	1	2	1	1	25000
1074	2	80	1	2	3	2	1	30000
1075	2	48	1	1	3	1	1	20000
1076	2	30	1	1	1	1	1	15000
1077	2	44	1	1	4	1	1	30000
1078	2	65	1	2	3	1	1	500000
1079	2	52	1	1	3	1	1	20000
1080	2	47	1	1	2	2	1	15000
1081	2	42	1	2	2	4	1	30000
1082	2	75	1	1	3	4	1	20000
1083	2	50	1	1	2	2	1	5000
1084	2	36	1	1	2	1	1	8000
1085	2	24	1	2	3	2	1	7000
1086	2	47	1	2	4	1	1	10000
1087	2	41	1	1	3	1	1	7000
1088	2	49	2	1	2	3	1	20000
1089	2	35	2	1	1	3	1	30000
1090	2	37	2	1	1	3	1	70000
1091	2	50	2	1	2	3	1	6000
1092	2	50	1	1	3	1	2	40000
1093	2	23	1	1	3	4	1	20000
1094	2	52	1	1	3	1	1	10000
1095	2	30	1	2	1	4	1	7000
1096	2	45	2	1	2	3	1	10000
1097	2	60	1	2	1	4	1	8000
1098	2	42	2	2	1	3	1	12000
1099	2	35	2	1	1	3	1	60000

1100	2	53	1	1	1	4	1	25000
1101	2	70	1	1	3	2	1	10000
1102	2	46	2	1	2	3	1	15000
1103	2	43	2	2	1	3	1	20000
1104	2	49	2	1	2	3	1	20000
1105	2	70	1	1	4	1	1	7000
1106	2	79	2	1	1	3	1	50000
1107	2	25	2	1	3	3	1	50000
1108	2	40	1	1	1	4	1	10000
1109	2	50	2	1	1	3	1	10000
1110	2	30	2	1	1	3	1	50000
1111	2	46	1	1	3	2	1	3000
1112	2	70	1	2	2	4	1	25000
1113	2	35	1	1	4	4	1	5000
1114	2	45	1	1	4	1	1	30000
1115	2	47	1	1	4	4	1	30000
1116	2	65	2	1	1	3	1	15000
1117	2	20	2	2	1	3	1	10000
1118	2	45	2	2	1	3	1	6000
1119	2	55	1	1	1	1	1	10000
1120	2	65	2	1	2	3	1	30000
1121	2	46	1	1	2	1	1	5000
1122	2	45	1	1	4	4	1	10000
1123	2	41	1	2	2	2	1	30000
1124	2	47	2	2	1	3	1	20000
1125	2	55	2	1	2	3	1	10000
1126	2	70	2	2	1	3	1	20000
1127	2	43	2	1	4	4	1	15000
1128	2	55	1	1	3	2	1	7000
1129	2	55	2	1	2	3	1	40000
1130	2	72	2	1	3	3	1	25000
1131	2	40	2	2	1	3	1	20000
1132	2	39	1	1	3	1	1	10000
1133	2	70	2	1	2	3	1	15000
1134	2	50	2	2	1	3	1	15000
1135	2	35	1	2	1	4	1	3000
1136	2	42	2	1	2	3	1	15000
1137	2	50	2	1	4	1	1	7000
1138	2	42	2	1	2	3	1	7000
1139	2	36	2	2	1	3	1	5000
1140	2	55	2	1	1	3	1	10000
1141	2	50	1	2	4	1	1	5000
1142	2	60	2	1	2	3	1	60000
1143	2	45	2	2	2	3	1	10000
1144	2	60	1	2	1	4	1	3000
1145	2	73	2	2	3	3	1	30000
1146	2	90	2	2	2	3	1	4000
1147	2	40	2	1	2	3	1	5000
1148	2	46	2	1	2	3	1	15000
1149	2	56	2	1	1	3	1	15000

1150	2	45	2	1	1	3	1	2000
1151	2	55	2	1	2	2	1	10000
1152	2	42	2	2	2	2	1	10000
1153	2	50	2	2	2	3	1	20000
1154	2	45	2	2	1	3	1	3000
1155	2	42	2	2	2	3	1	30000
1156	2	35	2	2	2	3	1	3000
1157	2	45	1	2	3	4	1	5000
1158	2	42	1	2	4	4	1	10000
1159	2	65	2	2	2	3	1	80000
1160	2	40	2	2	2	3	1	5000
1161	2	55	2	1	1	3	1	10000
1162	2	60	1	2	2	2	1	5000
1163	2	50	1	2	1	4	1	15000
1164	2	47	2	2	1	3	1	15000
1165	2	70	1	2	3	4	1	5000
1166	2	52	2	1	2	3	1	10000
1167	2	40	1	2	3	4	1	20000
1168	2	40	2	2	1	3	1	4000
1169	2	60	2	2	1	3	1	12000
1170	2	46	1	2	4	1	1	15000
1171	2	40	1	2	3	4	1	5000
1172	2	50	2	1	2	3	1	10000
1173	2	50	2	2	1	3	1	8000
1174	2	40	2	2	1	3	1	15000
1175	2	56	2	1	3	3	1	10000
1176	2	60	2	2	2	3	1	3000
1177	2	60	1	2	3	2	1	30000
1178	2	30	2	2	2	3	1	15000
1179	2	40	1	2	3	4	1	3000
1180	2	30	2	2	1	3	1	30000
1181	2	55	2	2	2	3	1	8000
1182	2	60	2	2	1	3	1	20000
1183	2	65	2	2	3	3	1	10000
1184	2	41	2	2	1	3	1	7000
1185	2	60	2	2	2	3	1	6000
1186	2	30	2	2	1	3	1	6000
1187	2	35	2	2	1	3	1	60000
1188	2	56	2	2	1	3	1	30000
1189	2	56	2	2	1	3	1	10000
1190	2	72	1	2	2	1	1	5000
1191	2	65	1	2	3	2	1	20000
1192	2	54	1	2	3	1	1	11500
1193	2	55	1	2	2	1	1	10000
1194	2	45	2	2	2	4	1	10000
1195	2	45	1	1	4	1	1	6000
1196	2	63	2	2	2	3	1	50000
1197	2	70	2	2	1	3	1	40000
1198	2	68	2	2	1	3	1	20000
1199	2	37	1	1	3	4	1	10000

1200	2	59	2	1	2	4	1	2500

BMI	Q18_dur_DM	nsulin_user	Q20_FBG	Q21_RBG	_current_sm	6_current_S	PA	se_fitting_f
22.22222	8	2	8.9	10.9	2	2	2	1
26.25499	2	2	7.2	11.5	2	2	1	1
25.63117	8	2	6.4	10.5	2	2	2	1
23.55556	12	2	9	12	2	2	1	1
26.57538	15	1	9.8	13.5	2	1	1	1
23.55556	11	1	6.4	9.1	2	2	1	1
24.86395	1	2	5.5	8.4	2	2	2	1
31.73973	6	1	5.7	7.8	2	2	2	1
24	20	2	5.2	6.6	2	1	1	1
29.17489	19	1	7.7	12	2	1	2	1
22.21368	11	2	6.6	8.9	2	1	2	1
22.37034	3	2	6.2	11.2	2	1	2	1
23.82813	7	2	5.5	7.8	2	2	1	1
23.11111	14	1	6.5	8.4	2	2	2	1
36.21228	8	2	7.9	8.9	2	2	2	1
23.55556	14	1	6.3	11.5	2	2	2	1
26.3656	13	2	6.9	9.5	2	2	2	1
21.48438	8	2	3.2	11.5	2	2	2	1
25.91068	10	2	5.8	7.2	2	2	1	1
24.76757	2	2	5.3	7.6	2	1	2	1
25	8	2	7.1	14.7	2	1	1	1
23.8048	3	1	9.7	16.9	2	2	1	1
25.71166	15	2	5.2	9.9	1	2	1	1
23.73996	7	2	9.1	11.3	2	2	2	1
20.80856	8	2	8.5	13.6	2	2	2	1
22.03857	2	2	4.5	12.5	2	2	2	1
24.38653	6	1	5.2	9.7	1	1	1	1
26.12861	7	2	6	10.2	2	2	1	1
22.30815	15	1	7	12.7	2	2	2	1
23.91883	3	2	5.3	6.4	1	1	2	1
24.97399	15	1	4.1	7.2	2	2	2	2
25.81663	5	2	6.6	8.6	1	2	2	1
26.15933	19	1	10	18	2	2	1	2
25.03992	13	2	17.9	14.2	2	2	2	1
20.17715	15	1	10	15	1	2	2	1
24.38237	5	2	6.8	13.2	2	2	2	1
19.00391	3	2	6	7.5	2	2	2	1
28.99931	12	1	4.1	7.2	2	2	2	1
24.14152	7	1	5.9	12.5	1	1	1	1
28.57796	12	1	6.6	9.9	2	1	2	1
23.11111	11	1	6.9	10.7	2	2	1	1
22.10029	12	1	5.8	7.2	2	2	2	1
25.71166	10	2	6.2	8.1	2	1	2	1
25.91068	5	2	4.2	9.6	1	2	2	2
25.63117	2	2	5.9	7.7	1	2	1	1
19.95935	17	1	5	8.9	2	1	2	1
24.53897	21	1	5.9	11.1	2	2	2	1
24.97399	16	1	8.8	16	1	1	2	1
28.959	12	2	5.2	6.9	2	1	2	1

25.45236	6	2	6.9	8.6	2	2	1	1
28.51563	11	1	6.8	11.2	2	2	1	1
32.88919	7	2	7	8.5	2	2	2	1
26.57313	6	2	6.8	8.9	2	2	2	1
23.55556	14	1	6.7	11.9	2	2	2	1
26.3656	7	2	6.911	11.1	2	2	2	1
23.4375	15	2	7.2	8.3	2	2	2	2
22.03173	26	1	6.2	7.2	2	2	2	1
27.11111	23	2	9	13	2	2	2	1
21.875	24	2	6.7	13	2	2	2	1
29.38476	5	2	6	10.5	2	2	1	1
30.07813	3	2	5.9	10.2	2	2	2	1
22.03857	9	1	5.1	8.2	2	2	1	1
27.91552	10	2	6.4	13.9	1	2	2	1
24.21875	20	2	5.7	9.8	2	1	2	1
17.99015	25	1	6	11	1	1	1	1
27.34375	5	2	5.8	9.9	2	2	1	1
32.46618	20	2	9.3	9.9	2	2	2	1
24.00549	3	2	6.7	10.3	2	1	2	1
24.52435	8	2	8.2	11.5	2	1	1	1
26.29758	25	2	6.4	8.4	1	2	1	1
24.39482	1	2	6.8	11	2	1	2	1
24.79667	1	1	5.2	8	2	2	2	1
23.11111	10	1	8.1	12	2	2	2	1
37.53049	1	2	4.9	6.2	2	2	2	1
22.22222	3	2	5.8	8	2	1	2	1
23.11111	1	2	7.2	11.2	2	2	2	1
24.64665	12	2	8.8	14.4	2	1	2	1
30.29778	10	2	5.3	7.2	2	2	2	1
27.8488	10	1	6.5	10.8	2	2	1	1
22.82688	10	1	7.4	8.4	2	2	1	2
25.5102	12	2	6.4	7.8	2	1	1	1
25.78125	1	2	6.2	7.5	2	2	2	1
28.06894	5	2	7.4	13.5	2	2	1	1
22.0741	15	2	6.7	7.4	2	2	2	2
23.42237	3	2	6.9	9.2	2	2	1	2
28.93407	6	2	7	10.8	2	2	1	1
21.64127	2	2	7.2	10.7	2	2	2	1
26.17188	8	2	6.6	8.1	2	1	1	1
29.35752	5	2	6.8	12.1	2	2	2	1
27.20961	2	2	5.1	6.1	2	2	1	1
25.56611	5	2	6.6	7.6	2	2	1	1
23.8048	5	2	6.1	11.6	2	2	1	1
24.00549	10	1	6	10.4	2	2	2	2
23.73996	16	1	8.3	10.8	2	2	1	1
29.08613	5	2	6.4	8.8	2	2	2	1
25.91068	8	2	7.2	13.7	2	1	1	1
17.77778	1	2	7.2	11.9	2	2	2	1
24.30462	1	2	7.9	13	2	2	2	1
25.5102	1	2	8.1	10.1	2	2	1	2

24.97399	6	2	9.2	11	2	2	1	1
28.98114	2	1	11.6	14.2	2	2	2	1
28.30385	19	1	6.2	7.9	2	2	2	1
27.20961	2	2	4.3	4.9	2	1	2	1
27.76621	5	2	6	10	2	2	1	1
20.3428	4	2	11	13	2	1	2	1
27.99302	7	2	8	9	2	2	1	1
23.23346	2	2	7	10	2	2	1	1
26.27135	2	2	8	9	2	2	1	1
19.43635	5	2	9	14	2	2	1	1
28.06894	20	1	5	9	2	2	2	1
25.67452	8	2	4	7	2	2	2	1
32.89474	14	1	7	9	2	1	1	1
29.67495	2	2	6.5	7	2	2	2	1
32.51821	7	2	8	10	2	2	2	1
26.83518	3	2	7	13	2	1	2	1
27.70083	15	2	6	9	2	1	2	1
24.83576	3	2	7	14	2	2	1	1
24.76757	19	1	7	12	2	2	1	1
24.65303	20	1	7	9	2	1	2	1
25.20398	12	2	7	10	2	2	1	1
29.34129	2	2	6	8	2	1	2	1
27.55556	10	1	8	4	2	2	2	1
24	5	1	7	6	2	2	1	1
23.42209	20	2	8	11	2	2	2	1
26.40236	16	1	7	10	2	1	2	1
29.43213	2	2	6	8	2	2	2	1
25.55885	8	2	6	14	2	2	2	1
22.93975	14	2	13	17	2	2	2	1
29.08613	3	2	11	16	2	1	2	1
24.21875	4	2	4	7	2	2	1	1
21.36752	15	1	10	17	2	2	1	2
29.51594	6	2	8	11	2	1	1	1
18.75	1	2	5	7	2	2	1	1
22.0741	2	2	6	14	2	2	1	1
33.28402	10	2	12	14	2	2	1	1
26.83518	17	2	8	11	2	2	1	1
21.1109	5	2	9	10	2	2	2	1
26.22269	20	1	7	10	2	2	1	1
30.49353	9	2	8	11	2	1	2	1
27.55556	17	2	9	12	2	2	2	1
27.18163	6	2	13	18	2	2	2	1
27.00617	5	2	7	9	2	2	2	1
26.03749	10	2	4	14	2	2	1	2
24	2	2	7	9	2	2	2	2
28.76187	16	2	10	11	2	2	1	1
23.83301	1	2	6	9	2	2	2	1
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23.8054	15	2	9	10	2	2	2	1
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26.29849	18	2	9	10	2	2	2	1
29.41744	17	2	11	12	2	2	2	2
22.50693	6	2	9	16	2	2	1	1
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28.13366	17	2	14	24	2	2	2	1
33.77778	1	2	6	8	2	1	2	2
30.13148	5	2	7	13	2	1	2	1
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24.74745	8	2	5	6	2	2	2	1
23.8054	5	2	14	19	2	2	1	1
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29.86496	1	2	8	11	2	1	2	1
23.61275	9	2	13	17	2	1	2	1
28.76187	7	1	11	14	2	1	2	1
33.7325	4	2	6	8	2	1	2	1
31.90092	9	1	6	10	2	2	2	1
23.95123	12	2	11	13	2	1	2	1
21.20845	9	2	12	13	2	1	2	1
28.88889	1	2	6	11	2	2	1	2
29.26007	25	2	14	22	2	2	2	2
33.32756	16	2	7	12	2	2	1	2
31.5011	7	2	3	12	2	2	1	1
21.33821	3	2	7	8	2	2	2	1
25.10957	8	2	6	7	2	2	1	1
22.18364	16	2	9	16	2	2	1	1
28.88889	10	2	8	12	2	2	2	1
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22.67995	12	2	9	14	2	2	2	1
25.5367	30	2	14	16	2	1	2	1
27.29322	8	2	8	9	2	2	1	1
26.95313	2	2	6	7	2	2	1	2
27.55556	7	2	7	9	2	2	2	2
23.92242	22	2	8	18	2	2	1	2
21.21914	1	2	8	10	2	2	2	1
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25.5367	25	2	6	8	2	2	1	2
25.80221	17	2	20	22	2	2	2	1
34.29355	2	1	10	12	2	2	1	2
25.5367	6	2	10	11	2	1	2	1
26.66667	5	2	6	16	2	2	1	1
24.65483	12	2	7	10	2	2	2	1
32.87311	9	1	8	12	2	2	2	1
29.77778	4	2	6	11	2	2	2	2
32.46614	7	2	5	9	2	2	1	1
32.29787	5	2	8	10	2	1	2	1
24.38653	4	2	7	8	2	2	1	2
33.32756	1	2	5	8	2	2	2	1

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25.33333	6	2	17.4	8.4	2	1	2	2
26.47918	5	2	11.8	14.5	2	2	2	2
30.29778	1	2	5.6	13	2	2	1	2
24.55775	5	2	7.9	9.1	2	2	1	1
29.27796	20	2	9.4	12.5	2	2	2	1
21.63115	3	1	9	11.2	2	2	2	1
23.8054	3	2	8.7	13.3	2	2	2	2
24.03441	8	1	10	15	2	1	2	1
24.03441	5	1	13.3	24	2	2	1	1
27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
28.76397	1	2	5	7	2	2	1	1
21.56455	1	2	6	8	2	2	2	1
23.87512	15	2	6	10	2	2	1	1
23.79536	2	1	4	9	2	2	2	1
26.95313	1	2	9.5	17	2	2	2	1
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26.95313	10	1	14	22	2	2	1	1
22.26563	5	1	11	14	2	2	1	1
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28.04967	1	2	6	8	2	2	1	1
25.5367	15	1	17	30	2	2	1	1
26.7094	16	1	6	17	2	2	1	1
26.66667	20	1	8	16	2	2	1	1
23.22543	1	2	8	14	2	2	1	1
26.57313	1	2	7	16	2	2	1	1
22.03173	1	2	6	19.9	1	2	1	1
26.67276	3	2	8	14	2	2	2	1
30.07813	1	2	6	10	1	2	2	1
26.17188	4	2	5	9	2	2	1	1
25.68956	12	2	9	14	1	2	1	1
22.30815	3	2	12	19	1	2	2	1
24.50895	4	2	5	9	2	2	1	1
21.875	3	2	7	9	2	2	2	1
26.43807	3	2	7	10	2	2	2	1
26.17188	10	2	8	8	2	2	1	1
18.55288	22	2	9	12	2	2	1	2
25.39063	7	2	5	6	2	2	2	1
25.63117	14	2	6	13	1	1	1	1
25.03992	4	2	9	14	2	2	2	1
21.56455	3	2	6	7	2	2	1	1
21.19274	8	2	12	18	1	1	2	1
29.32099	10	2	7	9	2	2	2	1
26.83518	5	2	8	12	2	2	2	1
27.00513	8	1	14	21	1	2	2	1
25.40282	2	2	13	17	2	1	2	1
25.03992	15	2	7	10	2	2	2	1
23.8054	3	2	8.7	13.3	2	2	2	2

24.03441	8	1	10	15	2	1	2	1
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27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
28.76397	1	2	5	7	2	2	1	1
21.56455	1	2	6	8	2	2	2	1
23.87512	15	2	6	10	2	2	1	1
23.79536	2	1	4	8	2	2	2	1
26.95313	1	2	9.5	17	2	2	2	1
32.8125	12	1	7	9	2	2	2	1
24.03441	8	1	10	15	2	1	2	1
24.03441	5	1	13.3	24	2	2	1	1
27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
28.76397	1	2	5	7	2	2	1	1
21.56455	1	2	6	8	2	2	2	1
23.87512	15	2	6	10	2	2	1	1
23.79536	2	1	4	5	2	2	2	1
26.95313	1	2	9.5	17	2	2	2	1
32.8125	12	2	7	4	2	2	2	1
22.3403	1	2	6	11	2	2	1	1
26.63892	4	1	10	18	2	1	1	1
32.88889	10	1	11	13	2	2	1	1
22.15102	3	2	9	13	2	2	1	1
23.29072	4	2	15	18	2	1	1	1
24.59491	10	2	10	11	2	1	1	1
30.29778	15	1	9	13	2	1	1	1
21.21832	4	1	10	18	2	1	1	1
30.22222	4	1	7	13	2	2	2	1
22.94213	3	2	9	13	2	2	1	1
32.08944	12	1	6	16	2	1	1	1
28.99931	10	2	4	10	2	2	2	1
27.97068	8	2	9	13	2	1	1	1
24.14152	4	1	10	18	2	1	1	1
29.33333	7	1	5	7	2	2	1	1
24.14152	6	2	7	12	2	2	1	1
23.29072	4	2	15	18	2	1	1	1
24.59491	10	2	10	11	2	1	1	1
25.33333	6	2	17.4	8.4	2	1	2	2
26.47918	5	2	11.8	14.5	2	2	2	2
30.29778	1	2	5.6	13	2	2	1	2
24.55775	5	2	7.9	9.1	2	2	1	1
29.27796	20	1	9.4	12.5	2	2	2	1
21.63115	3	1	9	11.2	2	2	2	1
23.8054	3	2	8.7	13.3	2	2	2	2
24.03441	8	1	10	15	2	1	2	1
27.82931	7	2	5	9	2	2	1	1
27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
28.76397	1	2	5	7	2	2	1	1

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21.36752	1	2	7	8	1	2	1	1
24.60938	2	2	8	10	2	1	1	1
27.81588	3	1	8	16	2	1	1	1
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22.64087	4	2	8	16	2	2	2	1
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42.34405	6	1	7	9	2	2	1	1
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24.24392	7	1	7	16	2	1	1	1
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27.23922	4	2	8	13	2	2	2	1
28.45293	6	2	6	11	2	2	2	1
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19.72387	6	2	14	17	2	2	2	2
26.52392	3	2	10	14	2	1	1	1
21.91381	6	1	11	16	2	2	2	1
24.24392	3	2	9	11	2	2	2	1
28.45293	14	1	6	9	2	1	2	1
28.3771	24	2	9	11	2	2	1	1
28.617	2	2	11	17	2	2	1	1
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25.87858	1	2	5	9	2	2	2	1
31.34645	1	2	13	23	2	2	2	1
34.72222	10	2	8	14	2	1	2	1
23.83301	14	2	7	11	2	2	1	1
29.89969	12	1	7	16	2	2	2	1
24.67702	11	1	6	12	1	2	2	1
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25.1559	16	2	7	12	1	1	1	1
25.33333	1	2	7	8	2	2	1	1
23.82813	2	2	4	10	2	2	1	1
29.33333	1	2	12	20	2	2	1	1
23.33768	6	1	9	10	2	1	1	1
32.71862	5	1	9	11	2	2	1	1
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24.03461	2	2	5	10	2	2	1	1
24.03441	1	2	6	16	2	1	1	1
34.31953	1	1	7	8	2	2	1	1
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32.31096	15	2	6	8	2	2	1	1
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24.22145	2	2	6	7	1	1	2	1
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23.62445	4	1	6	8	1	2	2	1
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18.36547	5	2	5.5	8	2	2	2	1
23.30668	10	1	13.4	20	2	2	2	1
23.87543	20	2	8	14	2	2	2	1
23.87512	1	1	7	11	2	2	2	1
24.91077	9	1	6	8	2	2	2	1
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37.10575	18	1	8	12	2	2	2	1
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23.1911	17	1	8	11	2	2	2	2
31.55556	3	2	9	14	2	2	2	1
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32.46618	3	1	8	3	2	2	2	2
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34.24499	8	1	15	20	2	1	2	1
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27.88762	8	2	5	7	2	1	2	1
27.76621	8	1	14	17	2	2	1	1
22.22222	1	2	5	7.2	2	2	2	1
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27.88762	8	2	5	7	2	1	2	1
43.67106	13	1	7	9	2	2	2	1
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24.14152	13	2	5	8	2	2	2	1
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29.4887	7	2	5	8	2	2	2	1
29.13632	25	1	9	12	2	2	2	1
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34.24499	8	1	15	20	2	1	2	1
30.08006	1	1	8	10	2	2	2	1
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23.8054	2	1	8	11	2	2	2	1
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25.22409	1	1	9	11	2	2	1	1
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26.03749	15	2	6	9	2	2	2	1
24.9135	22	1	14	15	2	2	2	1
26.12245	12	1	11	12	2	1	1	1
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22.03857	14	1	5	9	2	2	1	1
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22.26563	18	2	6	7	2	2	2	1

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23.30668	3	1	6.1	4.7	2	1	2	1
27.23922	5	1	5.5	9.8	2	2	2	1
24.00549	1	2	5.7	7.3	2	2	2	1
22.51631	8	1	7.4	12.1	2	2	2	1
23.33768	4	2	6.1	4.7	1	2	1	1
27.91552	5	1	9.7	15.5	2	2	2	1
19.83471	8	2	6.7	4.7	2	2	1	1
27.25089	8	1	5.6	9	2	2	2	1
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26.31464	1	1	8	12.3	2	2	2	1
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27.30344	1	2	8.2	7	2	2	2	1
27.27633	4	2	4	7	2	2	2	1
27.05515	4	2	7	8	2	2	2	1
30.58802	1	2	12	10	2	2	2	1
23.8048	4	2	7	6	2	2	1	1
27.11111	3	2	7	9	2	2	2	1
24.23823	4	1	11	13	2	2	2	1
21.58003	4	2	8	11	2	2	2	1
31.86683	14	1	8	7	2	2	2	1
26.39798	22	2	6	11	2	2	2	1
26.40236	3	1	6	11.5	1	2	2	1
25.65437	15	1	11	7.3	2	2	2	1
21.21832	2	2	11	12	2	2	2	1
28.90625	19	2	5	8	2	2	2	1
33.59375	1	2	8	11.4	2	2	2	1
25.86451	15	2	8	12	2	2	1	1
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23.12467	8	2	5	18	2	2	1	1
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22.83737	5	2	6	10	2	2	2	1
21.51386	6	2	7	10	2	2	2	1
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25.52965	12	2	7	12	1	2	2	1
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27.6398	14	2	12	15	2	2	2	1
24.97399	13	2	9	20	2	2	2	1
29.40227	2	2	6	9	1	1	2	1
23.87512	11	1	6	9	2	2	2	1
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22.0741	20	1	13	15	2	1	2	1
32	1	2	5	7	2	2	2	1
27.70526	2	2	5	9	2	1	2	1
25.07619	11	2	8	12	2	2	2	1
21.50447	2	1	5	7	2	1	2	1
23.45656	6	1	11	14	2	1	2	1
27.20961	11	2	7	9	2	2	2	1
29.51594	14	1	13	15	2	2	2	1
33.7477	3	1	13	14	2	2	2	1
32.7316	1	2	7	8	2	2	2	1
27.67874	9	1	7	8	2	2	2	1
23.06805	6	1	6	7	2	2	2	1
27.19179	10	1	12	11	2	1	2	1
26.77593	3	2	7	9	2	2	2	1
27.67874	3	2	11	12	2	2	2	1
20.8292	7	1	15	18	2	1	2	1
26.02264	9	1	8	11	2	1	2	1
27.11111	3	2	6	8	2	2	2	1
24.67105	6	2	9	11	2	2	2	1
24.19649	13	1	8	10	2	2	2	1
30.74787	3	2	9	11	2	2	2	1
30.63043	4	1	9	11	2	1	2	1
18.98659	10	1	12	16	2	1	2	1
24.14152	4	1	6	8	2	2	2	1
26.93572	15	1	18	20	2	2	2	1
33.22753	1	1	7	9	2	2	2	1
24.52682	9	1	8	14	2	2	2	1
45.88009	2	1	10	20	2	2	2	1
28.25097	12	1	5	8	2	2	2	1
33.69494	2	1	13	18	2	1	2	1
23.61275	6	1	6	12	2	2	2	1
17.25838	5	1	6	8	2	2	2	1
17.30104	1	2	11	18	2	2	2	1
32.83918	6	1	7	9	2	1	2	1
25.29938	9	1	8	14	2	2	2	1
32.31096	2	2	4	8	2	2	2	2
21.64127	2	2	7	9	2	2	2	1
21.58003	6	1	6	7	2	2	2	1
28.93519	4	1	7	8	2	2	2	1
27.27633	5	1	5	9	2	1	2	1
27.97068	5	1	7	9	2	1	2	1
26.91273	8	1	7	9	2	2	2	1
34.43526	2	1	7	9	2	2	2	1
28.13366	4	1	7	9	2	1	2	1
23.1911	1	1	7	8	2	2	2	1
26.27135	10	1	11	14	2	1	2	1
30.11028	14	2	7	6.5	2	2	2	1
29.26997	12	1	7	8	2	1	2	1

32.45472	1	1	7	9	2	2	2	1
30.80125	9	2	8	11.1	2	1	2	1
27.55556	1	2	6.3	9.8	2	2	2	1
31.29737	16	1	11.8	13.1	2	1	2	1
25.45236	12	1	9.1	11.8	2	1	2	1
26.3779	4	2	5.2	8.1	2	1	2	1
35.7072	1	2	8.5	9	2	1	2	1
23.47303	5	1	9.2	10	2	2	2	1
30.73061	2	2	5.2	7.8	2	2	2	1
28.30385	1	1	6	7.2	2	2	2	1
26.22269	1	2	4.7	5.9	2	2	2	1
34.69686	1	2	4.7	6.8	2	1	2	1
29.03179	9	1	6.8	9.8	2	2	2	1
23.6304	8	2	6.5	12.1	2	2	2	1
29.43213	6	2	12.7	17.7	2	2	2	1
20.2395	1	1	6.4	11.4	2	2	2	1
23.49524	9	1	6.8	9.1	2	2	2	1
27.39226	1	2	3.1	8.8	2	2	2	1
27.76621	2	1	11.6	19	2	2	2	1
16.97601	1	2	4.2	6.3	2	2	2	1
24	5	2	6.8	9.3	2	2	2	1
22.89282	1	1	7.9	16.3	2	2	2	1
21.77778	10	1	15.2	22.4	2	2	2	2
22.0741	5	1	10.4	18.1	2	1	2	1
29.90303	5	2	6.1	7.9	2	1	2	1
26.75321	18	1	6.8	10.3	2	2	2	1
23.8048	2	1	6.8	7.9	2	2	2	1
28.53746	10	2	6.3	8.3	2	2	2	1
19.97622	6	2	12.2	14.2	2	1	2	1
33.70052	11	2	5.4	7	2	2	2	1
23.42237	13	2	6.4	7.7	2	2	2	1
25.65263	5	2	7.5	8.5	2	2	2	1
34.70776	1	2	10.8	16.1	2	2	2	1
23.2446	4	1	5	7.3	2	1	2	1
17.85714	6	1	16.6	18.2	2	2	2	1
27.58621	18	2	6	12.9	2	1	2	1
21.58003	3	1	6.2	16.2	2	2	2	2
27.11058	9	2	10.7	13.2	2	2	2	1
17.30104	11	1	6.7	9.3	2	1	2	1
27.47138	3	2	11	14	2	2	2	1
29.96878	4	1	7.2	11.2	2	2	2	2
26.84067	6	2	5	9.2	2	2	2	1
22.22222	5	2	6.4	9	2	2	2	1
27.05515	6	1	5.3	8	2	2	1	1
27.76621	1	1	5.7	8.9	2	2	1	1
21.70139	15	2	1.2	3.6	2	2	2	1
23.18339	6	2	9.5	11.3	2	2	2	2
26.67276	8	1	6	8.5	2	2	2	1
25.10957	5	1	9.8	12.1	2	2	2	1
22.49135	5	1	13.2	17.3	2	2	2	1

24.12175	12	2	9.6	16.8	1	2	2	1
22.52151	1	2	5.6	8.5	2	2	1	1
31.99217	6	1	5	10	2	1	2	1
32.83918	3	2	4	8	2	2	2	1
22.82688	2	2	14	18	2	1	1	1
24.44444	6	2	6	8	2	2	1	2
23.45656	3	2	5	8	2	2	2	2
25.33333	3	2	10	22	2	1	2	1
24.44444	1	2	6.5	9	2	1	1	1
20.76125	10	1	11	13	1	1	1	1
23.14815	3	1	11	14	2	2	1	1
24.34176	2.5	2	6.6	7.4	2	2	2	1
22.22222	12	2	8.5	11.3	2	2	1	1
24.45107	10	2	7	10	2	1	1	1
22.82688	3	2	6	7	2	2	2	1
21.45727	5	1	6	5	2	2	2	1
26.89618	3	2	8	9	2	2	2	1
27.05515	10	2	4.5	8	2	2	2	1
23.49524	2	2	14	17	2	2	1	1
27.02581	4	2	8	14	2	2	2	1
25.5102	4	2	7	11	2	2	2	1
28.80441	3	1	10.11	18.1	2	2	2	1
31.95763	3	1	4	8	2	2	2	2
24.79667	6	2	8	12	2	2	1	1
20.81165	5	2	9	13	2	2	2	1
22.21368	5	2	4	6	2	2	2	1
19.29012	2	2	8	11	2	1	1	1
26.31464	2	1	12.6	15	2	2	2	2
18.76525	1	2	7.5	7.6	2	2	2	1
30.70041	6	2	5	10	2	2	1	1
25.33333	7	2	3.5	5.1	2	2	2	1
23.22543	8	1	4.8	16.8	2	2	2	1
22.22222	1	2	6.5	8.4	2	2	2	1
25.91068	3	2	5.4	8.9	2	2	2	1
24.80159	2	2	6	8.4	2	2	2	1
19.81768	2	2	8	13	2	2	2	1
19.39619	12	2	5.7	15	2	2	2	1
23.72529	4	2	5.1	7.4	2	2	2	1
25.39063	2	1	8	10	2	2	2	2
20.81165	3	1	9	11	2	1	2	1
18.64534	6	1	8	11	2	2	2	1
23.4375	2	2	6	8	2	2	2	1
25.88757	4	2	9	10	2	2	1	1
25.96953	5	1	10	13	2	2	2	1
21.22789	5	2	9	11	1	2	1	2
38.04994	4	2	11	14	2	2	2	2
27.68166	8	2	10	13	2	1	1	2
23.4375	1	2	8	11	2	2	1	1
28	8	2	5	8	2	2	2	1
19.05197	10	1	9	11	2	2	2	1

27.34375	2	1	9	11	1	2	2	1
21.95248	5	1	6	11	2	2	2	1
20.81165	3	1	5	9	2	2	2	1
24.22145	1	2	6	8	2	2	2	1
19.53125	10	1	10	14	2	1	2	1
24.21875	3	2	10	14	2	2	2	1
22.89282	1	2	5	6	2	2	2	1
21.56455	8	2	8	12	2	2	2	1
35.20955	1	2	9	10	2	2	2	1
31.11111	12	2	12	16	2	2	2	1
22.86237	1	1	11	14	2	2	2	1
30.22222	6	2	4	7	2	2	2	1
31.21748	4	2	6	9	2	1	2	1
21.7502	8	2	10	13	2	2	2	1
22.86237	6	2	5	7	2	2	2	1
23.58833	10	2	12	14	2	1	2	1
32.79321	7	2	7	10	2	2	2	2
20	10	2	6.3	9	2	2	2	2
28.14787	4	2	11	15.8	2	2	2	2
31.11111	20	2	6	7	2	2	2	1
22.22222	7	2	10	9	2	2	2	1
31.46837	1	2	5	9	2	2	2	1
30.61225	14	2	8	10	2	2	1	1
25.56611	8	2	6	8	2	2	2	2
33.21799	8	1	18	21	2	2	2	2
24.12175	7	1	5	7	2	2	1	1
24.97704	5	1	25	27	2	2	1	1
28.88889	10	1	8	9	2	2	2	1
21.30395	8	2	7	9	2	2	1	1
21.22281	20	2	9	7	2	2	2	1
30.10212	16	1	7	12	2	2	2	1
29.29688	1	2	6	8	2	2	1	1
23.38869	3	2	10	13	2	2	2	1
29.26007	1	1	5	7	2	2	1	1
27.84585	20	2	9	11	2	2	1	1
25.10957	5	2	3	13	2	2	2	1
26.7094	10	1	6	9	2	2	2	1
23.18339	7	1	8	17	2	2	2	2
28.57796	2	1	13	16	2	2	1	1
27.11111	15	1	7	9	2	1	1	1
28.76397	8	2	6	9	2	2	2	1
27.26801	3	2	15.6	17.83	2	2	2	1
22.34778	8	1	15.1	17.66	2	1	2	1
31.16344	4	1	6.3	9.6	2	2	1	1
22.47659	3	1	11.9	13.4	1	2	2	1
18.66667	10	1	18.74	21.94	2	2	1	2
21.64127	1	1	6.9	9.3	2	1	2	1
21.33333	1	2	6	7.8	2	2	1	1
20.45184	1	1	5.05	9.55	2	2	1	2
24.88889	3	1	13.6	25.66	2	1	1	2

20.77562	3	1	6.3	7.6	1	1	2	1
19.47715	4	2	11.6	22.2	2	2	2	1
22.89282	1	2	8.22	15	2	2	1	1
22.26563	7	1	8.9	11.27	2	1	1	1
26.93572	5	1	8.9	10.1	2	2	2	1
20.19509	1	1	5.3	7	2	2	2	1
21.09619	9	1	11	19	2	2	2	1
20.50493	12	1	9	14	2	1	2	1
27.81588	2	1	6	17	2	2	2	1
19.90997	15	1	14	18	2	1	1	1
24.52682	5	1	6	9	2	2	2	1
24.38653	7	2	15	22	2	2	2	1
19.29012	7	2	8	16	2	2	2	1
22.22222	12	1	13	21	2	2	2	2
22.82996	3	2	11	17	2	1	2	1
23.55556	6	2	5	7	2	2	2	1
22.64087	10	2	6	9	2	1	2	1
22.58271	3	1	17	21	2	1	1	1
14.0625	20	1	9	14	2	2	2	1
18.5178	7	2	11	22	1	2	2	1
26.29172	3	1	6	10	2	2	2	1
21.30395	4	2	14	21	2	2	1	1
15.05514	12	2	6	8	2	2	1	1
21.77384	14	1	8	15	2	2	1	1
43.80165	8	1	7	9	1	2	1	1
25.5102	15	1	13	16	1	1	2	1
21.64127	10	1	9	14	1	2	2	1
17.00882	1	2	6	10	2	2	2	1
24.76757	2	2	8	9	1	1	2	1
22.86237	13	2	16	24	2	2	2	1
19.84127	1	1	8	13	2	2	2	1
19.22769	9	1	8	15	1	1	2	1
22.26563	2	1	6	7	2	1	2	1
20.50493	11	2	9	15	1	2	2	2
23.1911	3	1	6	7	1	1	2	1
23.4375	1	2	6	7	2	1	2	1
20.93664	2	2	6	8	2	2	2	1
16.44737	8	1	18	20	2	2	2	1
21.50189	1	1	19	28	2	2	1	1
20.0796	1	1	17	26	1	2	2	1
22.31328	5	2	6	8	2	2	1	1
20.28123	18	1	14	22	2	2	2	1
21.23057	19	1	6	13	2	2	1	1
20.95717	24	2	12	17	2	1	1	1
24.34176	15	1	5	8	2	2	1	1
21.33821	30	1	6	9	2	2	2	1
22.37568	3	2	9	14	2	2	2	1
22.18935	12	1	7	9	2	2	2	1
21.71925	18	1	6	10	2	2	1	2
20.54569	10	1	5	8	2	1	2	1

24.38653	16	1	9	13	2	1	2	1
29.06977	12	1	16	19	2	2	2	1
29.06977	12	1	16	19	2	2	2	1
21.875	8	2	12	20	2	2	2	2
30.86304	9	1	6	8	2	1	1	1
26.02758	2	2	5.4	8.1	2	1	2	1
21.22789	36	2	5.8	7.9	1	2	2	1
20.95717	24	2	12	17	2	1	1	1
21.00767	3	1	6.4	8	1	2	2	1
24.09297	5	2	7	22	1	1	1	1
27.47624	10	1	9	12	2	2	2	1
23.73866	8	1	7	10	1	2	1	2
28.959	4	1	7	13	2	2	2	1
25.96454	9	1	10	17	2	1	2	1
22.26563	2	2	6	7	1	1	1	1
24.30462	10	1	7.9	19	2	2	2	1
18.55956	12	1	7	10	2	2	2	1
24.67702	15	1	7	9	2	1	2	1
15.94388	12	1	9	22	2	1	2	1
22.83737	5	1	7	9	2	1	2	2
19.69267	12	1	9	14	2	2	2	2
23.33768	10	1	11	14	2	1	2	1
22.49135	10	2	8.4	9	2	1	2	1
19.53125	5	2	9	12	1	2	2	1
21.93635	12	1	11	12	2	2	2	1
18.30577	16	1	8	12	2	1	2	1
29.72108	15	1	8	10	2	1	1	1
25.34435	8	2	24	11	2	1	2	1
17.71542	1	1	7	28	2	1	2	2
21.19274	2	1	12	17	1	1	2	1
26.17188	2	2	8	9	2	1	2	1
20.54569	20	1	8	10	2	2	1	2
21.33333	7	1	15	24	2	1	2	1
23.45856	10	1	15	30	2	2	2	1
19.39619	9	1	24	28	2	1	2	2
17.1875	20	2	6	8	2	2	2	1
29.7442	1	2	7	8	2	1	2	1
21.67126	22	1	10	16	2	2	2	1
29.05475	15	2	13	21	2	1	2	1
21.38394	15	1	8	10	2	2	2	1
23.56663	3	1	10	14	2	2	2	1
22.60026	17	1	12	14	2	2	2	1
24.38272	10	1	6	13	2	1	2	2
25.07619	12	1	10	19	2	1	2	1
25.95156	3	1	7.3	8.14	2	2	2	2
26.23356	7	1	11	12	2	2	2	1
19.05197	6	2	7	9	2	1	2	1
22.47659	10	2	7	11	2	1	2	1
22.67995	3	1	8	9	2	2	2	1
22.86237	7	1	9	11	2	2	2	1

20.77562	2	2	10	17	2	1	2	1
23.78121	4	2	6	8	2	2	1	2
22.5183	20	2	7	10	2	2	2	1
22.98401	3	1	6	8	2	2	2	1
18.59104	5	1	9	17	2	2	2	1
24.7768	10	2	6	24	2	1	2	1
26.47918	9	1	6.7	8.3	2	1	2	2
25.14861	6	2	7.9	10.8	2	2	1	2
25.96953	5	1	9.8	17	2	2	2	2
46.23725	12	1	9.7	11.5	2	2	2	1
27.40766	3	2	6	8.5	2	2	2	1
23.8054	4	1	8.9	14.9	2	2	2	1
18.08021	7	1	6.4	7.5	2	2	2	1
32.14286	2	1	11.6	14.6	2	1	2	1
23.33768	6	2	13.7	14.4	2	2	2	1
24.21875	3	2	6.6	24	2	2	2	1
26.14269	14	2	9.3	12.6	2	1	2	1
33.77045	1	2	13.7	24	2	1	2	1
25.78125	15	1	14.8	17.9	2	2	2	1
21.70139	1	1	3.6	8.8	2	2	2	2
26.67276	8	2	10.6	12.6	2	2	2	1
27.67874	1	2	5.2	9.2	2	2	2	1
18.51081	1	1	9.1	20.4	2	2	2	1
21.35992	12	2	5	7.1	2	1	2	1
25.23634	1	2	10.6	13.6	2	2	2	1
24.52435	1	1	5.4	6.4	2	1	2	1
18.85882	2	1	19	23	2	1	1	1
29.51594	1	2	6.4	7.8	2	2	2	1
26.75321	8	2	6.8	7.5	2	2	2	1
24.32323	1	2	8.3	12.4	2	1	1	2
21.00073	7	1	8.3	10.4	2	1	2	1
24.03461	5	2	5.8	8.7	2	1	2	1
21.04805	8	2	5.4	6	2	1	2	1
18.66667	16	1	5.7	12.2	2	1	1	1
23.11111	5	2	9.5	11.5	2	1	2	1
24.24392	3	2	4.8	6.9	2	1	2	1
23.37258	5	2	8.5	10.4	2	1	2	1
22.93975	4	1	6.7	8.8	2	2	2	1
23.45656	4	2	5.8	15.8	2	2	2	1
28.76397	1	2	6.1	8.2	2	2	2	1
22.82688	13	1	5.4	7.4	2	1	2	1
21.50189	4	2	7.9	9.9	2	1	2	1
23.96205	4	1	9.8	11.3	2	2	2	1
20.50493	8	1	11.2	13.2	2	2	2	1
24.34176	2	2	6.4	9.4	2	1	2	1
25	6	2	9.8	12.8	2	1	2	1
20.3428	1	2	6.1	7.4	2	2	2	1
18.369	4	2	7.9	17.2	2	2	2	1
21.875	2	1	9.8	16.8	2	2	2	1
22.83288	1	2	6.9	10	2	1	2	2

18.32562	5	2	5.9	6	2	1	2	1
24.34961	15	1	9.8	14.5	2	1	2	1
25.15315	13	2	6.9	8.4	2	2	2	2
18.42025	2	1	8.7	12	2	2	2	1
22.4323	18	1	10	14.2	2	2	1	1
25.96953	4	2	10	12	2	1	2	1
15.78878	2	1	10.8	13.7	2	2	2	1
24.19649	15	2	7.2	9.7	2	2	1	2
23.04688	8	1	16.6	20	2	2	1	1
24.12175	5	2	6.9	8.7	2	2	2	1
17.85714	10	2	10.1	17.8	2	1	2	1
31.95763	3	2	8.8	10.5	2	2	2	1
26.66667	3	2	6.7	8.1	2	1	1	1
20.54419	8	1	10.6	11.1	2	2	2	1
24.65303	12	1	7.3	10.2	2	2	2	2
24.14152	2	1	8.7	10.1	2	2	2	1
21.73801	2	2	6.9	9.9	2	1	1	1
21.32513	4	2	6.3	7.3	2	1	1	1
22.82688	11	1	6.6	19.5	2	1	1	1
24.24392	14	1	9.1	13.3	2	2	2	1
24.34961	1	2	6.9	9.7	2	1	2	1
21.33333	8	2	6.7	9.8	2	1	2	1
19.22338	30	2	5.8	10.6	2	2	2	1
21.90758	8	1	7.2	15.2	2	1	1	1
23.49524	6	2	13	18	2	1	2	1
24.53897	3	2	6.9	8.9	2	1	2	1
25.06575	21	1	5	10.3	2	2	2	1
22.86237	5	1	8.4	10.7	2	2	1	1
20.57613	15	1	9.8	12.6	2	1	2	2
22.22222	3	2	9.6	15.1	2	2	2	2
26.83865	1	2	6.9	7.8	2	2	2	1
23.37258	6	2	9.6	15	2	2	1	1
24.34961	20	2	10.6	16.9	2	1	2	1
37.16563	6	2	5	6.9	2	1	2	2
31.11111	4	2	9.6	11.5	2	2	2	1
25.47666	1	1	6.7	9	2	1	2	2
28.617	4	1	8	10	2	1	2	1
17.60477	1	1	6	8.9	2	2	1	1
20.2395	4	2	9	10	2	2	2	1
23.37258	4	2	5.2	6	2	1	1	1
28.125	1	2	6.9	11.6	2	1	2	1
28.44444	12	2	5.2	6.4	2	2	2	1
23.82813	6	1	8.2	11.5	2	1	2	2
26.83865	2	2	6.7	9.8	1	1	2	1
21.45727	4	2	6.3	9.3	2	1	2	1
28.19692	2	2	5.3	11.6	2	1	2	1
22.31328	2	1	11.5	13.5	2	1	2	1
17.62538	2	1	18.4	28.6	2	2	2	1
18.25632	5	2	9.5	10.9	1	1	1	2
20.2848	4	2	6.5	9.5	2	2	2	1

20.57613	5	2	6.7	9.8	2	1	2	1
26.47918	5	2	9.8	12.3	2	1	2	1
32.45568	3	2	8.7	10.3	2	2	2	1
33.62209	22	1	7.8	11.9	2	1	2	2
23.66864	3	1	6.5	9.8	2	2	2	1
21.33333	18	1	5.5	9.8	1	1	2	1
26.89232	5	2	6.8	12.2	2	2	2	2
22.50693	2	2	8.3	10.3	2	2	2	1
27.14158	1	2	7.6	8.7	2	1	1	1
24.14152	7	1	16.9	19.3	2	1	2	1
27.11111	1	2	4.9	9.8	2	1	2	1
22.23099	5	2	5.8	8	2	1	1	1
23.14815	20	2	6.8	9.7	2	2	1	2
33.12131	1	2	8.7	10.6	2	2	1	1
26.67276	1	2	7.1	8.3	2	1	2	1
24.76757	1	2	5.2	6.3	2	2	1	1
26.67276	3	2	5.8	6.8	1	2	1	1
20.28123	1	2	6.3	8.6	2	2	1	1
20.77562	1	2	10.5	21.6	1	1	1	1
21.09619	4	2	6.2	8.5	2	2	1	1
19.05197	2	2	11.5	15	2	1	1	1
29.33333	12	2	5.6	7.9	2	1	2	1
21.09619	5	1	12.2	27.3	1	1	2	1
28.40816	15	2	8.8	14.1	2	2	1	1
33.28402	5	2	10.6	16	2	2	2	1
26.02618	1	2	6.9	9	2	1	2	2
25.34435	2	2	5.2	8.6	2	2	2	2
26.89767	10	2	6.2	9.4	2	2	2	1
21.21914	5	2	6.9	8.3	2	1	1	1
24	5	2	8.8	12.6	2	2	2	2
30.25193	4	2	6.3	9.2	2	1	2	1
23.82813	1	2	6.6	9.7	2	1	2	1
24.88889	1	2	8.4	11.6	2	2	2	2
29.6875	3	2	5.8	7.4	2	1	2	1
31.20256	2	2	6.1	7.3	2	1	1	1
24.88889	2	1	8.5	10.5	2	1	2	2
20.40816	2	2	6.8	10	2	2	2	1
26.52392	3	2	5.8	7	2	2	1	1
23.8054	1	2	7.1	9.8	2	1	1	1
18.90204	17	1	14.8	24.8	2	2	2	1
17.77778	7	2	10.2	14.8	2	1	2	1
21.82107	1	2	12.6	18.6	2	2	2	1
22.22222	2	2	6.9	9.3	2	1	1	1
21.64127	10	2	6.9	9.8	2	1	2	1
23.30905	12	1	8.8	11.6	2	1	2	1
20.26936	6	2	8.3	10.8	2	2	1	1
26.03749	3	2	8.9	11.9	2	1	2	1
16.87886	2	1	9.8	15.5	2	1	2	1
29.27796	1	2	6.2	10.2	2	2	2	1
23.4375	2	2	14	16	2	2	1	1

23.14815	1	2	9	16	2	2	1	1
25.96953	2	2	5.2	7.8	2	1	2	1
19.39619	15	2	5.4	8.4	2	1	2	2
27.70083	1	2	5.2	7.8	2	1	2	1
24.23823	1	1	5.8	9.2	2	2	2	1
24.88889	1	2	6.7	16.2	2	2	2	2
24	3	2	8.7	8.2	2	1	2	1
28.56648	2	2	9.1	8.4	2	1	2	2
35.69304	4	1	7.8	16.1	2	2	2	1
25.31545	1	2	9.2	15.6	2	1	2	1
29.37758	5	2	6.5	9.4	2	1	1	1
23.1911	4	2	6.4	12.3	2	2	1	1
25.77778	1	2	5.6	7.3	2	2	2	1
22.22222	1	1	4.6	7.2	2	2	2	1
17.48179	20	2	5.8	7.9	2	2	2	1
25.43748	2	2	6.4	12.3	2	1	2	1
22.34778	3	2	5.8	9.4	2	2	2	2
24.86395	1	2	15.2	21.1	2	2	1	1
28.72008	18	2	6.8	10.3	2	1	2	1
23.83301	3	2	5.8	9.7	2	2	1	1
25.77778	10	2	5.3	5.5	2	1	2	1
25.5367	2	2	9.8	10.2	2	2	2	1
22.07108	2	2	7	9	2	2	2	2
22.22222	30	2	10	20.6	2	2	1	2
24.55775	12	2	6.9	15.6	2	2	1	1
12.98477	4	2	5.5	9.9	2	2	2	2
22.81293	2	2	5.5	10.4	2	2	2	2
24.83576	12	1	5.5	9.9	2	2	1	1
20.54569	10	2	2.6	4.5	2	2	2	1
27.09925	1	2	5.9	10.5	2	1	2	1
24.83576	2	2	5.5	9.9	2	2	2	1
29.77778	1	2	2.6	4.5	2	2	2	1
25.06575	3	2	5.9	4.3	2	2	2	1
19.90997	10	2	5.5	4.2	2	1	2	1
22.18935	17	2	2.6	18.1	2	2	2	1
23.45656	3	2	5.9	6.1	2	1	2	1
26.74048	5	2	6.6	8.7	2	1	2	1
24.52682	18	2	6.8	12.3	2	1	2	1
24	2	2	6.2	8	2	1	2	2
20.88889	1	2	6.2	9.9	2	2	1	1
27.55556	3	2	15	20	2	1	2	1
15.55556	4	1	5.8	9.2	2	1	2	1
26.66667	20	2	6.2	9.4	2	1	2	1
18.73049	1	1	6.2	9.6	2	2	1	1
19.47715	16	1	16.2	21.6	2	2	2	1
25.63692	2	2	5.8	7.2	2	2	2	1
26.56435	1	2	6.2	8.5	2	1	2	2
22.22222	6	2	7	11	2	2	2	2
25.06575	21	2	7	10	2	2	2	1
22.18364	1	2	6	7	2	2	2	1

20.25463	1	2	6	15	2	2	2	1
24.65303	6	2	6	9	2	2	2	1
21.45727	1	2	6	8	2	2	2	1
22.04917	1	2	9	15	2	2	2	1
27.00617	3	1	6	18	2	2	2	1
19.29012	1	2	12	19	2	2	1	1
31.63265	3	2	7	12	2	2	1	2
25.10388	10	1	7	4	2	2	2	1
18.73049	2	2	6	7	2	1	2	1
27.30519	1	2	9	11	2	2	2	1
22.95918	4	2	6	5	2	2	2	1
24.59491	6	1	5.7	13	2	2	2	1
22.98743	13	2	11.1	21	2	2	2	1
22.07108	16	2	8.5	12	2	2	2	2
21.91381	8	2	8	13	2	2	2	1
37.06136	2	2	7	10	2	2	2	2
26.52392	5	2	6	7	2	2	2	1
36.88889	1	2	6	10	2	2	2	2
29.51594	1	2	5	7	2	2	2	1
24.4646	8	1	9	11	2	2	2	1
20.95717	8	1	3	6	2	2	2	1
21.20845	15	1	10	13	2	1	2	1
22.27531	24	1	7	12	2	2	2	1
16.86625	3	2	15	19	1	2	2	2
21.40309	2	2	6	21	2	2	2	2
33.76039	4	2	7	13	2	2	1	1
29.24211	8	1	7	15	1	2	2	1
24.38653	10	2	9	12	2	2	2	2
22.50693	1	2	12	15	2	2	2	1
20.95717	3	1	7	9	2	2	2	1
24.60938	14	1	7	17	2	2	2	2
23.55556	4	2	10	13	2	2	2	2
22.34778	9	2	4.5	6	2	2	2	2
20.79673	5	2	12	15	1	1	2	1
38.77551	2	2	8	10	2	2	2	2
27.02581	5	1	8.8	9	2	2	2	1
21.91381	5	1	7	23	2	2	2	1
25.55941	5	2	5.8	7.2	2	2	2	1
24.11265	1	2	5.5	8	2	2	2	2
27.39226	2	2	5.4	8	2	1	2	1
30.38194	1	2	5	9	2	2	2	1
26.66667	1	2	6	8	2	1	2	1
20.17264	7	2	11	16	2	2	2	2
23.78121	3	1	9	12.5	2	2	2	2
35.0032	12	2	9	12	2	1	2	2
24.69136	5	1	14	20	2	2	2	2
18.87755	5	2	6.5	7	2	2	2	2
29.96433	1	2	7	7	2	2	2	1
27.77227	6	2	7	9	2	2	2	2
29.96433	7	1	16	26	2	1	2	1

28.76397	1	2	4	6	2	2	2	1
24.73246	1	2	8	12	2	2	2	2
25.39063	2	2	5.1	13	2	2	2	1
25	12	2	6	10	2	1	2	1
20.68515	7	1	13	17	2	2	1	1
20.88889	12	2	3	6	2	1	2	1
23.92569	12	2	9	16	2	2	1	1
23.01118	15	1	8	10	2	1	2	1
22.76944	3	2	6	7	2	2	1	1
24.88889	3	2	12.1	16.2	2	2	2	2
25.56611	5	2	12	16	2	2	2	1
25.29938	10	2	7	10	2	2	2	1
15.78878	2	2	15	25	2	2	2	1
23.37258	2	2	6	6	2	2	2	1
26.50212	12	2	10	10	2	2	2	1
26.43807	1	2	8	10	2	2	2	1
28.84153	2	1	12	17	2	1	2	1
27.11111	1	2	8.4	11.6	2	2	2	1
25.39063	5	2	8	10.8	2	2	2	1
16.88889	1	2	18.3	24	2	2	2	1
16.44444	2	1	4.8	6.6	2	2	2	1
18.97453	1	2	5.6	7	2	2	2	1
24.19649	1.5	2	7	9	2	2	2	1
27.70083	3	2	12	15	2	2	2	1
25.55941	3	2	16	18	2	2	2	1
31.11111	5	2	5	7	2	2	2	1
20.45184	3	2	10	13	2	2	2	1
28.53746	6	2	8	10	2	2	2	2
27.23922	4	1	7	9	2	2	2	1
28.88889	2	2	20	22.6	2	2	2	1
19.3414	9	2	16	18	2	2	2	1
23.11111	3	2	3	7	2	1	2	1
20.77562	17	1	12	15	2	2	2	1
24.9401	2	2	20	24	2	2	2	1
19.5006	10	2	8	11	2	2	2	2
20.66116	4	2	8	10	2	2	2	1
28.30533	4	2	5	7.2	2	2	2	1
27.30344	2	2	3	7.5	2	2	2	1
25.33308	2	2	8	11	2	2	2	1
20.44444	5	2	24	28.52	2	2	2	1
25.33308	8	2	3.1	8.6	2	2	2	1
29.16667	2	2	9	11	2	2	2	2
19.29012	2	2	9	11	2	2	2	1
24.7768	2	2	3.1	4.6	2	2	2	1
40.97222	2	2	10	11	2	2	2	1
26.74048	6	2	3.1	8.5	2	2	2	1
23.87512	6	2	5	6.4	2	2	2	2
24.38653	13	2	15	17	1	2	2	1
18.26151	1	2	9	12	2	2	2	1
40.97222	9	2	10	11	2	2	2	2

23.30887	8	2	8	10	2	1	2	1
21.08281	3	1	10	11	2	2	2	1
21.82107	5	2	9	11	2	2	2	1
18.71804	8	1	4	8	2	2	2	1
16.87886	2	2	10	17	2	2	2	1
23.55556	20	1	11	14	2	2	2	1
24.87772	10	2	12	15	2	2	2	1
20.02884	2	2	5	6.4	2	2	2	1
17.14678	3	2	10	12	2	2	2	2
19.17458	3	2	4	6	2	2	2	1
24.88889	13	1	18	22	2	2	2	1
32.02909	4	1	10	12	2	2	2	1
24.32323	5	1	8	11	2	2	2	1
17.62538	12	1	8	12	2	2	2	1
19.14063	12	1	7	9	2	2	2	1
23.73996	25	2	18	20	2	2	2	1
22.83288	23	1	15	17	2	2	2	1
23.49524	8	2	5	7	2	2	2	1
26.53061	6	2	6	9	2	2	2	2
21.20845	10	1	9.8	14	2	2	2	1
25.78853	9	2	9	11	2	2	2	1
42.80618	1	2	5	7	2	2	2	1
24.97399	1	2	14	15	1	2	2	1
23.1405	2	1	17	21	1	1	2	1
25.91068	5	1	8	11	2	2	2	1
24.33748	1	2	6	7	2	2	2	1
22.10029	15	2	5	7	1	2	2	1
33.16327	13	2	5	8	2	2	2	1
17.26355	3	2	8	10	1	2	2	1
23.82813	5	2	11	15	2	2	2	2
24.55775	2	1	8	10	2	2	2	1
22.22222	12	1	6	9	2	2	2	2
20	1	2	8	12	1	2	1	1
31.25	3	2	7	9	2	2	2	1
14.09846	2	1	11	15	2	2	2	1
27.0538	28	1	17	19	2	2	2	2
23.1405	1	2	12	15	2	2	2	1
21.91381	1	1	4	6	2	2	2	1
23.37258	3	2	6.2	8.3	2	2	2	1
23.14815	5	2	4.2	6.4	2	1	2	1
20.17264	2	2	7.8	9.7	2	2	2	2
24.45606	12	1	6.5	8.2	2	1	2	2
15.75575	5	1	6.7	9.1	2	2	2	1
24.74745	22	1	6.1	12.4	2	2	2	1
25.20479	6	2	10.5	15.3	2	2	1	1
23.73866	2	1	10.8	14.6	2	2	2	1
25.5367	3	2	6.2	8.1	2	2	2	1
24.44444	2	2	6.8	8.1	1	2	2	1
23.8054	1	1	6.2	9.7	2	1	2	1
21.40309	3	2	5.8	9.7	2	2	2	1

25.5367	4	2	10.8	18.7	2	1	1	1
28.99931	5	2	5.3	8.5	1	2	2	1
23.23346	15	2	6.3	7.6	2	2	2	1
25.63692	3	2	18.1	24.1	2	2	2	1
26.22222	14	1	9.8	15.9	2	2	2	1
26.40236	3	2	5.2	6.3	2	2	2	1
29.04866	3	1	8.8	15.5	2	2	2	1
29.09428	8	2	8.2	11	2	2	2	1
19.81405	1	2	6.2	9.9	1	1	2	1
25.07716	3	2	6.2	9.4	2	1	1	1
24.03441	9	2	6.8	10	2	2	2	1
22.77319	1	2	6.2	8.5	2	2	2	1
24.91077	11	2	17	22.7	2	2	2	1
25.63692	4	2	8.9	10.6	2	2	2	1
27.77671	1	2	6.2	8.8	2	2	2	1
20.41523	20	1	6.1	7.8	2	1	1	1
26.7094	6	2	9.8	11.5	2	2	1	1
18.13122	4	1	9.1	12.6	2	2	1	1
21.77844	2	1	17.6	26.4	2	2	1	1
22.86253	25	1	14.2	18.2	1	1	1	1
22.81293	12	1	6.3	9.5	2	1	2	1
23.4375	11	2	9.8	13.7	2	1	1	1
30.7574	15	1	6.1	8.4	2	2	2	1
24.6755	7	2	6.7	11	2	2	1	1
18.09034	5	2	6.2	10	2	2	2	1
26.40236	7	2	5.8	7.7	2	2	1	1
20.3428	3	2	10	12.8	2	2	2	1
32.45472	1	2	5	6	2	2	2	1
28.76397	8	2	12	19	2	2	2	2
25.33333	6	1	8	17	2	2	1	1
28	5	1	8.7	6	2	2	1	2
48.65917	9	2	7	14	2	2	1	1
24.57787	3	2	7	9	1	2	2	1
22.6659	11	2	7	11	2	2	2	1
26.66667	6	2	5	8	2	1	2	1
22.07108	10	2	5	11	2	2	2	1
28.88889	20	1	9	13	2	2	1	1
28.13366	1	2	8.6	7	2	2	2	1
24.11265	1	1	10	5	2	2	2	1
29.86496	4	2	10	5	2	2	2	1
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48.07256	1	2	8.6	11.9	2	2	2	1

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2	1	31	3
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2	1	31	3
1	1	32	4
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2	2	21	2
2	1	31	3
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15	2	2	21	2
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22	2	2	1	1
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31	2	2	0	0
32	1	2	32	4
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60				

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2	1	31	3
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2	2	21	2

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2	2	0	0

SEX	1=men	2=women	
AREA	1=urban	2=rural	
Education	1=iliterate	2=primary	3=secondary
Occupation	1-service	2=business	3=housewife
Marrital status	1=married	2=others	
Insulin use	1=user	2=non-user	
Current smoking	1=smoking	2=other form	
Current smokeless tobacco use	1=yes	2=non-user	
Physical activity	1=sufficient	2=insufficient	
Use fitting foot wear	1=yes	2=non-user	
History of trauma	1=yes	2=no	
Regular foot care	1=yes	2=no	
Self foot examination	1=yes	2=no	
Hypertension (HTN)	1=yes	2=no	
Diabetic retinopathy	1=yes	2=no	
Diabetic nephropathy	1=yes	2=no	
Peripheral neuropathy	1=yes	2=no	
Peripheral arterial disease	1=yes	2=no	
Foot deformity	1=yes	2=no	
H/O amputation	1=yes	2=no	
H/O foot ulcer	1=yes	2=no	
IWGDF risk six categories	0=group 1 (0)	1=group 1 (1)	21=group 2A
IWGDF risk five categories	0=group 1 (0)	1=group 1 (1)	2=group 2A+2B

4=higher education
4=others

22=group 2B 31=group 3A 32=group 3B
31=group 3A 32=group 3B

BIRDEM Form No.-114

BIRDEM
An Enterprise of the Diabetic Association of Bangladesh

Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders

WHO Collaborating Centre for Prevention and Control of Diabetes

Memo No: BADAS/BIO/EA/11/033
Date: 17.01.2011

To
Palash Chandra Banik
Student, MPhil in Noncommunicable Diseases (NCD)
Department of Community Medicine (CM)
Bangladesh Institute of Health Sciences (BIHS)

Subject: Ethical Clearance

The Ethical Review Committee (ERC) of the Bangladesh Diabetic Association (BADAS) has the pleasure to accord ethical clearance to your Protocol "**Risk of foot ulcer and its determinants among type 2 diabetic subjects in Bangladesh"** subject to the condition that the guidelines must be followed carefully.

- The Ethical Review Committee approves this study from an ethical point of view upon the addressing by the researchers of the concerns as raised by the ERC affiliates.
- Approval is given for three years. Projects, which have not commenced within two years of original approval, must be re-submitted to ERC. You must inform ERC when the research has been completed.
- Any serious adverse events or significant change which occurs in connection with this study and/or which may alter its ethical considerations must be reported immediately to the ERC.
- Approval is given on the understanding that the 'Guidelines for Ethical Review' are adhered to.

(Prof. Tofail Ahmed, PhD)
Chairman
Ethical Review Committee

Ibrahim Memorial Diabetes Centre, 122 Kazi Nazrul Islam Avenue, Dhaka-1000, Bangladesh.
Phone : 8616641-50, 9661551-60, Fax : 880-2-9667812, Cable : BIRDEM

Consent Form

Annex 1

Dear Participant,

Purposive Selection

You have been purposively selected to be part of this thesis and this is why we would like to interview you. This thesis is being conducted by **Palash Chandra Banik**, a student of M.Phil in Non-communicable Diseases at Bangladesh Institute of Health Sciences (BIHS) under Bangabandhu Sheikh Mujib Medical University (BSMMU). This type of study is currently taking place in several countries around the world.

Title of Thesis

The title of this thesis is **"Risk of foot ulcer and its determinants among Type 2 diabetic subjects".**

Aim of the Thesis

To determine diabetic patients at risk for foot ulceration through a multi-center hospital based study in Bangladesh

Data Collection Methods

Step 1- Interview questions

Step 2- Physical examination & screening test (foot)

Timeframe

It is estimated that step 1 & 2 of this study will take approximately 30-40 minutes.

Confidentiality

The information you provide is totally confidential and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed from the instrument, and only a code will be used to connect your name and your answers without identifying you.

Results

The results of this thesis will be used to help plan strategies in reducing the risk factor that contribute to diabetic foot ulcer among the diabetic patients as well as chronic non-communicable diseases in Bangladesh.

The results will be published in research publications, media briefings and reports and can be made available to you by local health workers.

Voluntary Participation

Your participation is voluntary and you can withdraw from the study after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this study you may ask me or contact to the researcher [Palash Chandra Banik, cell: +8801710972498].

Consent to Participate

Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures

I hereby provide INFORMED CONSENT to take part in Steps 1 and 2 of this Risk Factor Study.

Name of the participant: **Witness:**

Sign or fingerprint **Sign or fingerprint**

Reporting checklist for cross sectional study.

Based on the STROBE cross sectional guidelines.

Instructions to authors

Complete this checklist by entering the page numbers from your manuscript where readers will find each of the items listed below.

Your article may not currently address all the items on the checklist. Please modify your text to include the missing information. If you are certain that an item does not apply, please write "n/a" and provide a short explanation.

Upload your completed checklist as an extra file when you submit to a journal.

In your methods section, say that you used the STROBE cross sectional reporting guidelines, and cite them as:

von Elm E, Altman DG, Egger M, Pocock SJ, Gotzsche PC, Vandenbroucke JP. The Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) Statement: guidelines for reporting observational studies.

		Reporting Item	Page Number
Title and abstract			
Title	#1a	Indicate the study's design with a commonly used term in the title or the abstract	Page-1, Line Number-1

Abstract	#1b	Provide in the abstract an informative and balanced summary of what was done and what was found	Page-2,3, Line Number-24-52
Introduction			
Background / rationale	#2	Explain the scientific background and rationale for the investigation being reported	Page-3-5, Line Number-63-121
Objectives	#3	State specific objectives, including any prespecified hypotheses	Page-5, Line Number-119-121
Methods			
Study design	#4	Present key elements of study design early in the paper	Page-6, Line Number-124
Setting	#5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	Page-6, Line Number-124-127
Eligibility criteria	#6a	Give the eligibility criteria, and the sources and methods of selection of participants.	Page-6, Line Number-127-132
	#7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	Page-6, 7, Line Number-133-169
Data sources / measurement	#8	For each variable of interest give sources of data and details of methods of assessment (measurement). Describe comparability of	Page-7, Line Number-151-169

		assessment methods if there is more than one group. Give information separately for for exposed and unexposed groups if applicable.	
Bias	#9	Describe any efforts to address potential sources of bias	Page-8, Line Number-172-173
Study size	#10	Explain how the study size was arrived at	Page-6, Line Number-134-135
Quantitative variables	#11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen, and why	Page-9, Line Number-205-220
Statistical methods	#12a	Describe all statistical methods, including those used to control for confounding	Page-9, Line Number-205-220
Statistical methods	#12b	Describe any methods used to examine subgroups and interactions	n/a
Statistical methods	#12c	Explain how missing data were addressed	n/a
Statistical methods	#12d	If applicable, describe analytical methods taking account of sampling strategy	n/a
Statistical methods	#12e	Describe any sensitivity analyses	n/a
Results			
Participants	#13a	Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined	n/a

		for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed. Give information separately for for exposed and unexposed groups if applicable.	
Participants	#13b	Give reasons for non-participation at each stage	Some of the participants were not participate as they had limited time.
Participants	#13c	Consider use of a flow diagram	n/a
Descriptive data	#14a	Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders. Give information separately for exposed and unexposed groups if applicable.	Page-10, Line Number-224-234
Descriptive data	#14b	Indicate number of participants with missing data for each variable of interest	n/a
Outcome data	#15	Report numbers of outcome events or summary measures. Give information separately for exposed and unexposed groups if applicable.	n/a
Main results	#16a	Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which	Page-10, Line Number-235-Page-13, Line Number-270.

		confounders were adjusted for and why they were included	
Main results	#16b	Report category boundaries when continuous variables were categorized	Page-10, Line Number-225-234
Main results	#16c	If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	n/a
Other analyses	#17	Report other analyses done—e.g., analyses of subgroups and interactions, and sensitivity analyses	n/a
Discussion			
Key results	#18	Summarise key results with reference to study objectives	Page-13, Line Number- 272 to Page-19, Line number-405
Limitations	#19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias.	Page-18, Line Number-385-394
Interpretation	#20	Give a cautious overall interpretation considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence.	Page-18, Line Number-401 to Page19, Line Number-405

Generalisability	#21	Discuss the generalisability (external validity) of the study results	Page-18, Line Number-395-401
Other Information			
Funding	#22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	Page-19, Line Number-415-417

BMJ Open

Risk of diabetic foot ulcer and its predictors among Bangladeshi subjects: a multi-centric cross-sectional study

Journal:	*BMJ Open*
Manuscript ID	bmjopen-2019-034058.R1
Article Type:	Original research
Date Submitted by the Author:	18-Nov-2019
Complete List of Authors:	Banik, Palash; Bangladesh Institute of Health Sciences, Community Medicine; Bangladesh University of Health Sciences, Noncommunicable Diseases Barua, Lingkan; Bangladesh University of Health Sciences, Noncommunicable Diseases Moniruzzaman, Mohammad; Bangladesh Institute of Health Sciences, Community Medicine Mondal, Rajib; Bangladesh University of Health Sciences, Noncommunicable Diseases Zaman, Farhana; Bangladesh Institute of Health Sciences, Community Medicine Ali, Liaquat; Bangladesh Institute of Health Sciences, Biochemistry and Cell Biology
Primary Subject Heading:	Diabetes and endocrinology
Secondary Subject Heading:	Diabetes and endocrinology, Epidemiology, Public health, Neurology
Keywords:	Diabetic foot < DIABETES & ENDOCRINOLOGY, DIABETES & ENDOCRINOLOGY, Bangladesh, diabetic foot ulcer risk, International Working Group on the Diabetic Foot, diabetic foot ulcer

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Risk of diabetic foot ulcer and its predictors among Bangladeshi subjects: a multi-centric cross-sectional study

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Word count (main text): 4467 (excluding title page, abstract, tables, acknowledgements, contributions and references)

Word count (abstract): 271 (excluding keywords)

Abstract

Objective

To assess the risk of diabetic foot ulcer (DFU) and find out its predictors among type 2 diabetic (T2D) subjects of Bangladesh.

Design, setting and participants

This cross-sectional study recruited 1200 T2D subjects who visited sixteen centres of Health Care Development Project run by Diabetic Association of Bangladesh (DAB).

Primary and secondary outcome measures

Risk of DFU was assessed using a modified version of International Working Group on the Diabetic Foot (IWGDF) Risk Classification System. The modified system was based on five parameters, namely peripheral neuropathy (PN), peripheral arterial diseases (PAD), deformity, ulcer history and amputation. The risks were categorised as Group 0 (no PN, no PAD), Group 1 (PN, no PAD, and no deformity), Group 2A (PN and deformity, no PAD), Group 2B (PAD), Group 3A (ulcer history) and Group 3B (amputation). The predictors of DFU risk were determined using multinomial logistic regression for each risk category separately.

Results

Overall, 44.5% of the subjects were found 'at risk' of DFU. This risk was higher among men (45.6%) than women and among those who lived in rural areas (45.5%) as compared to the urban population. According to IWGDF categories, the risk was distributed as 55.5%, 4.2%, 11.6%, 0.3%, 20.6% and 7.9% for group 0, group 1, group 2A, group 2B, group 3A and group 3B respectively. The predictors of DFU (odd ratio >1) were age ≥50 years, rural area, low economic status, insulin use, history of trauma, diabetic retinopathy and diabetic nephropathy.

Conclusion

A significant number of the T2D subjects under study were at risk of DFU, which

demands an effective screening programme to reduce DFU related morbidity and mortality.

Keywords: diabetes; diabetic foot ulcer; diabetic foot ulcer risk; Bangladesh; International Working Group on the Diabetic Foot; predictors; risk factors

Article summary

Strengths and limitations of this study

- This is the first study in Bangladesh that assesses the risk of DFU using a standard tool
- For the first time, the predictors of DFU were explored to guide the prevention effort
- Sex- and area-specific difference in the risk of DFU will help to identify the disparities and promote decentralisation of diabetes care for all
- Because of the cross-sectional design, we could not establish any causal relationship between the predictors and risk of DFU
- The risk of DFU may be overestimated or underestimated as all centres did not provide the same quality diabetes care

Introduction

In recent years, diabetes mellitus (DM) has become a fast-growing public health problem that affects both developed and developing countries [1]. The International Diabetes Federation (IDF) reports that about 415 million people globally had DM in 2015 and it is projected to affect 642 million by 2040. It was deemed possible that by the year 2040 it might even double the number [2]. Among the clinical classifications of DM, Type 2 diabetes (T2D) is more common and prevalent in certain ethnic groups, with estimates up to six times more common in the people of South Asian descent, three times more common in those of African and African-Caribbean descent and is more common in people of Chinese descent compared with the white population [3].

Like in other developed and developing countries affected by it, it is also highly prevalent in Bangladesh. Evidence suggests that 9.7% of Bangladeshi adult population (>35 years) are diabetic and 22.4% are prediabetic [4]. A trend analysis revealed an increasing prevalence of DM in Bangladesh, from 4% in 1995 to 2000 and 5% in 2001 to 2005 to 9% in 2006 to 2010 respectively [5]. As the prevalence of diabetes increases, the prevalence of long-term diabetes-related complications is also likely to increase. Diabetic foot ulcer (DFU) is a common and major complication of diabetes, representing a major healthcare burden with significant morbidity [6].

Diabetic foot is defined as the presence of infection, ulceration and/or destruction of deep tissues associated with neurologic abnormalities and various degrees of peripheral arterial disease (PAD) in the lower limb in patients with diabetes [7]. It is a significant cause of morbidity and can lead to prolonged hospital stays, which is evidenced by the fact that ~20% of diabetes related hospitalisations are related to DFU [8]. The mortality rate in patients with DFU is also high and is approximately twice that of the patients without ulceration [9]. Other than morbidity and mortality, the toll of economic burden in terms of direct and indirect costs is also high for those having DFU, estimated approximately €11.6 billion per year for Europe in 2017 and €7.6–11 billion among Medicare beneficiaries of the United States from 2007 to 2014 [7].

Another issue related to foot ulcers among diabetic patient is the health-related quality of life that cannot be measured in economic terms. It has been reported that patients with foot ulcers or amputation have low health-related quality of life because of substantial depression and other physical problems like inability to do simple tasks or recreational activities [7].

The major risk factors of DFU are a loss of protective sensation due to diabetic peripheral neuropathy (DPN), peripheral arterial diseases (PAD) and trauma. However, the first two are not independently responsible for DFU; it is the combination neuropathy and PAD with trauma that leads to foot problems. It has been reported that trauma and PAD are major contributors to foot ulceration and diabetic neuropathy is the common denominator in almost 90% of DFU cases. There are some other risk factors namely male gender, previous foot ulceration or amputation, foot deformities, calluses, Charcot arthropathy and high plantar pressures have been associated with an increased risk for foot ulceration. There are some diabetes-related risk factors also that influence the risk of foot ulcers such as the duration of diabetes, poor glycaemic control, diabetic retinopathy or nephropathy, poor compliance with medical instructions and neglectful behaviour. Some societal and behavioural risk factors also show significant association with DFU including low socioeconomic condition, poor access to healthcare services, poor educational status, living alone and smoking [7, 10]. Previous studies have reported that the risk of diabetic foot or amputation is significantly lower among the Asians compared to the Europeans in the United Kingdom [11–12]. This reduced risk is probably due to a low prevalence of DPN and PAD among Asians, but the exact reason is not fully understood. However, a previous study has reported prevalence of DPN among Bangladeshi subjects at 19.7% and found it significantly as well as independently associated with age, mode of treatment, income, duration of diabetes and glycaemic status [13].

The best possible way to prevent DFU is the identification of individuals at risk, proper health education and timely follow-up [14]. It is estimated that the lifetime risk of foot

ulcers among diabetic population is 19%–34% [7]. To overcome this burden of DFU, it is recommended that clinicians estimate the risk of and the response to associated factors that increase the risk [10]. However, studies related to diabetic food risk assessment and associated factors among Bangladeshi subjects are absolutely lacking. Hence, we were prompted to assess the risk of foot ulcers and sought to determine the factors that influence the risk among T2D patients of Bangladesh.

Methods

Study design

This cross-sectional study was conducted among 1200 T2D subjects who visited several centres of Health Care Development Project (HCDP) run by the Diabetic Association of Bangladesh (DAB). A total of sixteen centres were selected: seven from Dhaka and nine from the northern part of Bangladesh. We purposefully selected the centres and followed convenient sampling technique to collect data from diabetic subjects. Our exclusion criteria included presence of DFU during the interview (active ulcer), acute illness of the subject, unwillingness to participate and mental instability. To meet the eligibility criteria, all subjects were screened for DFU, based on their self-reported statement, their clinical history, foot examination and medical records review.

Data collection and measurement

The data collection comprised of two phases and was conducted from July 2011 to June 2012. In the first phase, a face-to-face interview was conducted using a pre-tested questionnaire adapted from the STEP-wise approach to Surveillance (STEPS) of noncommunicable diseases risk factors of World Health Organization (WHO) [15]. The questionnaire collected sociodemographic and behavioural risk factors (tobacco use, physical inactivity), status of diabetes (duration, medication) and its complications (retinopathy, nephropathy) and foot problem-related information (neuropathy, PAD, trauma, foot hygiene) of the participants. The blood glucose levels (fasting/2-hours post meal) and information about diabetic nephropathy or retinopathy in the participants was extracted from their diabetes records book. The last record within one

month was used to assess their glycaemic status. In the second phase, physical measurements (anthropometric and blood pressure) and foot examination were carried out by trained physicians. The anthropometric and blood pressure measurement followed the methods described in 'Noncommunicable disease risk factors survey Bangladesh 2010' [16]. The anthropometric measurements included height, weight, waist circumference, hip circumference and derivatives like body mass index (BMI) and waist–hip ratio.

Assessment of DFU

The risk of DFU was assessed using a modified version of International Working Group on the Diabetic Foot (IWGDF) Risk Classification System proposed by Lavery *et al.* [17]. We screened each patient to identify lower extremity complications and presence of any risk factors, like ulcerations, amputation, peripheral neuropathy (PN), PAD, foot deformities and limited joint mobility using the methods followed by Lavery *et al.* [17–18]. We used a 10 g Semmes–Weinstein monofilament and vibration perception threshold tester to assess PN, Ankle Brachial Index (ABI) to detect PAD, goniometer to identify foot deformity and clinical examinations to evaluate joint mobility. The risks were categorised according to the modified IWGDF risk classification system: Group 0 (no PN, no PAD), Group 1 (PN, no PAD, no deformity), Group 2A (PN and deformity, no PAD), Group 2B (PAD), Group 3A (ulcer history) and Group 3B (amputation). Here, Group 0 indicated 'no risk' and rest of the groups (1, 2A, 2B, 3A, 3B) classified the study population 'at risk' of in varying degrees

Ascertainment of key variables

Peripheral neuropathy

PN was defined as lack of feeling/protective sensation (at four or more of 10 sites) [19] and vibration perception threshold value in either foot >25 volts using an electromechanical instrument [18].

Peripheral arterial disease

We defined PAD as non-palpable dorsalis pedis or posterior tibial arterial pulse and ABI in either foot as <0.80 [17].

Limited joint mobility

Limited joint mobility was defined based on three averaged measurements of the first metatarsophalangeal joint, the subtalar joint and ankle joint range of motion of the forefoot, rear foot and ankle. From these measurements, we determined the presence of ankle joint equinus (<0° dorsiflexion), limited subtalar joint motion (<20° total joint motion), and hallux rigidus (<50° hallux dorsiflexion) [18]. It was measured using goniometer and details technique was described elsewhere (see online supplementary file 1)

Foot deformity

Deformity was defined as any contracture that could not be fully corrected manually, such as hallux valgus, hammer toes or claw toes, hallux rigidus and ankle equines [17]. It was measured using goniometer and details technique was described elsewhere (see online supplementary file 1).

Foot ulcer

Foot ulcers were defined as full thickness wounds involving the foot or the ankle [20].

Quality assurance

To ensure standard quality control, a panel of senior researchers and survey investigators visited the data collection sites to monitor the research activities. To prevent bias, monitoring panel was anonymised for the data collectors. All team members including investigators, supervisor and data collectors participated in intensive three consecutive training programmes (lasting two and a half days) in Dhaka before the survey. The first training program was conducted for the physicians who were involved in foot examination. This training program focused on 'Detection of Diabetic Foot Problem at the Early Stage' through screening using a standard instrument. A certified neurologist from a reputed post-graduate training institution

was appointed as a resource person to conduct the sessions. Second and third training programmes were conducted for the volunteering data collectors selected from undergraduate physiotherapy students, who interviewed the respondents to fill-up the questionnaire. The purpose of this training was to inform the data collectors about potential difficulties associated with data collection. During this intensive training, data collectors got practical training about self-administration of a questionnaire, physical measurement and maintenances of data collection environment. Other than these, we also followed specific protocols to assure quality of the study that included: (1) pre-testing of the questionnaire and data collection procedure (2) standard method of measurement as per STEPS survey 2010 of Bangladesh (3) used show cards for a better understanding of different forms of tobacco use and intensity of physical activities (4) adequate privacy during physical measurements and clinical examinations (5) robust equipment for physical measurement and clinical examination. None of the quality control observer reported any violation of physical measurement and data collection.

Patient and public involvement

We collected data from the patients who visited the selected diabetes care centres of DAB. However, they were not involved directly in the setting of the research question or outcome measures. They did not have any role in designing or implementing this work or interpretation of the results.

Ethical consideration

The purpose of the study, rights of the respondents and data safety issues were explained to each participant. All subjects gave their informed written consent for inclusion before they participated in the study (see online supplementary file 2). The study was conducted in accordance with the Declaration of Helsinki, and the protocol was approved by the Ethical Review Committee of Bangladesh Diabetic Association (Identification number: BADAS/BIO/EA/11/033) on January 17, 2011 (see online supplementary file 3).

Data processing and analysis

Data were analysed using the Statistical Package for Social Science (SPSS) version 20.0 for Windows (SPSS, Inc. Chicago. IL. USA). All estimates of precision were presented at 95% confidence interval (CI) in the tables. Descriptive analysis included mean, standard deviation (SD), median and interquartile range (IQR), frequencies and percentages where appropriate. In this study, the *p*-value (two-sided) was considered statistically significant at the threshold of $p<0.05$. In our study, there were only three respondents with PAD. Hence, we had to merge group 2B with group 2A and make a new group 2-A/B that was used in multinomial logistic regression analysis.

To find the predictors of DFU, first we run chi-square test considering modified IWGDF risk classification as a dependent variable. Variables that showed significant association (p <0.05) with the dependent variable in the chi-square test were identified. Then statistically significant variables were examined as independent variable against the dependent variable in the multinomial logistic regression analysis. For multinomial logistic regression analysis, we calculated odds ratios (OR), and 95% CI for each independent variable. In the regression table, predictors that had OR >1 were presented for each risk category. We ensured presence of no multicollinearity using variance inflation factor (VIF) to run the regression analysis. We used the STROBE (Strengthening the Reporting of Observational Studies in Epidemiology) guidelines for reporting the results of cross-sectional observational study (see online supplementary file 4).

Results

Sociodemographic characteristics and diabetes-related information

The mean age of the participants was 51.6 ±11.9 years and most of them (33.1%) were in the 50–59 year age group. More than half of the participants were women (62.9%) and predominantly urban residents (67.3%). Most of them had completed primary level education (36.7%), 99% were married, 57.8% were housewives and 44.5% came from middle-income background. However, urban participants were more literate (88.2%) and economically stable (60.3% >lower-middle-income range) than their rural

counterparts. The mean duration of diabetes was 6.9 ±5.9 years and a majority of them had uncontrolled glycaemic status (89.3%). Among the diabetes-related complications, retinopathy (14.3%) was much higher than nephropathy (5.6%). No mentionable urban-rural difference was observed for the glycaemic status and diabetic nephropathy (Table 1).

Table 1: Sociodemographic and diabetes-related information of the study subjects, *n*=1200

Variables	Urban		Rural		Total	
	n (%)	95% CI	*n* (%)	95% CI	*n* (%)	95% CI
Age (years)*	52.3 ±11.9		50.2 ±11.8		51.6 ±11.9	
Age categories (years)						
<30	52 (4)	2.6–5.4	22 (5.6)	3.3–7.9	54 (4.5)	3.3–5.7
30–39	63 (7.8)	5.9–9.7	39 (9.9)	14.6–18	102 (8.5)	6.9–10.1
40–49	212 (26.3)	23.3–29.3	109 (27.7)	23.3–32.1	321 (26.8)	24.3–29.3
50–59	270 (33.5)	30.2–36.8	127 (32.3)	27.7–36.9	397 (33.1)	30.4–35.8
≥60	230 (28.5)	25.4–31.6	96 (24.4)	20.2–28.6	326 (27.2)	24.7–29.7
Sex						
Men	302 (37.4)	34.1–40.7	143 (36.4)	31.6–41.2	445 (37.1)	34.4–39.8
Women	505 (62.6)	59.3–65.9	250 (63.6)	58.8–68.4	755 (62.9)	60.2–65.6
Educational status						
Illiterate	95 (11.8)	9.6–14	107 (27.2)	22.8–31.6	202 (16.8)	14.7–18.9
Primary	288 (35.7)	32.4–39	152 (38.7)	33.9–43.5	440 (36.7)	34–39.4
Secondary	265 (32.8)	29.6–36	98 (24.9)	20.6–29.2	363 (30.3)	27.7–32.9
Higher education	159	17–22.4	36 (9.2)	6.3–12.1	195	14.2–18.4

	(19.7)				(16.3)	
Marital status						
Married	797 (98.8)	98–99.6	391 (99.5)	98.8–100.2	1188 (99)	98.4–99.6
Others	10 (1.2)	0.4–2	2 (0.5)	-0.2–1.2	12 (1)	0.4–1.6
Occupational status						
Service	184 (22.8)	19.9–25.7	49 (12.5)	9.2–15.8	233 (19.4)	17.2–21.6
Business	89 (11)	8.8–13.2	38 (9.7)	6.8–12.6	127 (10.6)	8.9–12.3
Housewife	462 (57.2)	53.8–60.6	231 (58.8)	53.9–63.7	693 (57.8)	55–60.6
Others	72 (8.9)	6.9–10.9	75 (15.2)	11.7–18.7	147 (12.3)	10.4–14.2
Monthly household income (BDT)†	20000 (10000–40000)		10000 (6000–20000)		20000 (10000–30000)	
Monthly household income groups						
<4907 (low)	21 (2.6)	1.5–3.7	41 (10.4)	7.4–13.4	62 (5.2)	3.9–6.5
4907–19,488 (lower-middle)	299 (37.1)	33.8–40.4	238 (60.6)	55.8–65.4	537 (44.8)	42–47.6
19489–60252 (upper-middle)	422 (52.3)	48.9–55.7	108 (27.5)	23.1–31.9	530 (44.2)	41.4–47
>60,252 (high)	65 (8.1)	6.2–10	6 (1.5)	0.3–2.7	71 (5.9)	4.6–7.2
Duration of diabetes (years)*	7.3 ±6		6.3 ±5.8		6.9 ±5.9	
Glycaemic status§						
Controlled	87 (10.8)	8.7–12.9	42 (10.7)	7.6 -13.8	129 (10.8)	9–12.6
Uncontrolled	720 (89.2)	87.1–91.3	351 (89.3)	86.2–92.4	1071 (89.3)	87.6–91
Diabetic retinopathy	134 (16.6)	14–19.2	38 (9.7)	6.8–12.6	172 (14.3)	12.3–16.3
Diabetic nephropathy	46 (5.7)	4.1–7.3	21 (5.3)	3.1–7.5	67 (5.6)	4.3–6.9

*Representing mean and standard deviation,

†Presented as median with interquartile range,

‡According to the 2006 per-capita gross national income (GNI) and the World Bank calculation

§Based on plasma glucose level pre-meal (fasting) <6.1 mmol/l and/or two hours post meal <7.8 mmol/l

Risk of DFU among the study population

Table 2 shows the sex and area-specific distribution of the DFU risk according to the modified version of IWGDF classification. Overall, 44.5% of the study population was diagnosed as 'at risk' of DFU and the burden was higher among men (45.6%) and those who lived in rural areas (45.5%). The risk of DFU according to the modified version of IWGDF was 55.5%, 4.2%, 11.6%, 0.3%, 20.6% and 7.9% for group 0, group 1, group 2A, group 2B, group 3A and group 3B respectively. Among the six groups of risk classification, group 3A (ulcer history) showed maximum risk (20.6%) compared to other groups. For sex and area variables, 21.8% of men and one-fourth of the rural residents (25.7%) had a previous history of foot ulceration.

Table 2: Sex and area-specific distribution of DFU risk among the study subjects, *n* = 1200

IWGDF DFU risk classification	Sex		Area of residence		Overall
	Men	Women	Urban	Rural	
	n (%)	*n* (%)	*n* (%)	*n* (%)	*n* (%)
Group 0 (no PN, no PAD)	242 (54.4)	430 (57)	452 (56)	214 (54.5)	666 (55.5)
Group 1 (PN, no PAD, no deformity)	18 (4)	32 (4.2)	32 (4)	18 (4.6)	50 (4.2)
Group 2A (PN and deformity, no PAD)	49 (11)	90 (11.9)	103 (12.8)	36 (9.2)	139 (11.6)
Group 2B (PAD)	1(0.2)	2 (0.3)	3 (0.4)	0	3 (0.3)
Group 3A (ulcer history)	97 (21.8)	150 (19.9)	146 (18.1)	101 (25.7)	247 (20.6)
Group 3B (amputation)	38 (8.5)	57 (7.5)	71 (8.8)	24 (6.1)	95 (7.9)

IWGDF, International Working Group on the Diabetic Foot; DFU, diabetic foot ulcer, PN, peripheral neuropathy; PAD, peripheral arterial disease

Predictors of DFU risk among the study subjects

Table 3 shows the predictors of DFU risk among the study population. Total six predictors were identified which showed high odds (>1) for different groups at risk:

age (group 2-A/B, OR 1.212; group 3B, OR 1.173), area of residence (group 1, OR 1.188; group 3A, OR 1.461), monthly income (group 2-A/B, OR 1.491; group 3A, OR 1.415; group 3B, OR 1.768), medication (group 2-A/B, OR 1.014), history of trauma (group 1, OR 2.015; group 2-A/B, OR 1.032; group 3A, OR 2.998; group 3B, OR 3.104), diabetic retinopathy (group 1, OR 1.104; group 3B, OR, 1.933) and diabetic nephropathy (group 1, OR 2.174; group 3A, OR 1.260; group 3B, OR 2.389).

Overall, the odds for risk of DFU was higher among those who were ≥50 years old, lived in rural areas, had a monthly income ≤19,488 BDT, had a previous history of foot ulcer, were insulin user and had diabetic complications as retinopathy or nephropathy.

Table 3: Predictors of diabetic foot ulcer among type 2 diabetic subjects of Bangladesh using multinomial logistic regression, *n* = 1200

Risk groups	Predictors	B	*p*-value	OR	95% CI for OR	
					Lower Bound	Upper Bound
Group 1	Area of residence					
	Rural area	0.172	0.573	1.188	0.652	2.165
	Urban area			*Ref.*		
	History of trauma					
	Present	0.7	0.076	2.015	0.929	4.369
	Absent			*Ref.*		
	Diabetic retinopathy					
	Present	0.099	0.814	1.104	0.486	2.508
	Absent			*Ref.*		
	Diabetic nephropathy					
	Present	0.526	0.14	2.174	755	6.099
	Absent			*Ref.*		
Group 2-A/B†	Age					

	≥50 years	0.192	0.324	1.212		0.827	1.774
	<50 years				*Ref.*		
	Monthly income (BDT)						
	≤19,488	0.4	0.039*	1.491		1.020	2.181
	>19,488				*Ref.*		
	Medication						
	Insulin user	0.013	0.945	1.014		0.692	1.485
	Insulin non-user				*Ref.*		
	History of trauma						
	Present	0.032	0.916	1.032		0.570	1.870
	Absent				*Ref.*		
	Area of residence						
	Rural area	0.379	0.014*	1.461		1.081	1.975
	Urban area				*Ref.*		
	Monthly income (BDT)						
	≤19,488	0.347	0.031*	1.415		1.032	1.940
	>19,488				*Ref.*		
Group 3A	History of trauma						
	Present	1.098	<0.001*	2.998		2.044	4.396
	Absent				*Ref.*		
	Diabetic Nephropathy						
	Present	0.231	0.504	1.260		0.640	2.482
	Absent				*Ref.*		
	Age						
Group 3B	≥50 years	0.160	0.494	1.173		0.742	1.854
	<50 years				*Ref.*		

Monthly income (BDT)					
≤19,488	0.570	0.016*	1.768	1.114	2.805
>19,488			*Ref.*		
History of trauma					
Present	1.133	<0.001*	3.104	1.810	5.324
Absent			*Ref.*		
Diabetic retinopathy					
Present	0.659	0.018*	1.933	1.122	3.329
Absent			*Ref.*		
Diabetic nephropathy					
Present	0.871	0.024*	2.389	1.123	5.083
Absent			*Ref.*		

OR, odd-ratio; CI, confidence interval; Ref, reference; BDT, Bangladesh taka

*indicates significant

†Group 2B was merged with 2A as the participants were very few in the group 2B

Discussion

The results show that nearly half (45%) of the T2D subjects were at the risk of DFU and rural population was mostly affected. This is significant as there is no straightforward evidence on the risk of DFU among T2D population of Bangladesh. Moreover, the contributing factors are not yet explored in Bangladesh to take an effective initiative to reduce the burden of associated morbidity and mortality.

In our modified DFU risk classification as per IWGDF, the higher burden was observed in those who had a previous history of foot ulcer (20.6%). This proportion is much higher than an Iranian study that reported only 7% of the study subjects to have a previous history of foot ulceration [21]. The percentage of our finding is also higher than Portugal, where a study reported a previous history of DFU among 16% of study subjects using modified IWGDF risk classification [22]. Although it has been estimated that the annual risk of DFU is approximately 2%, this risk in patients with a previous

history of foot ulcer is expected to increase to 17%–60% over the next three years [23].

Several studies have reported the cumulative burden of a previous history of foot ulcer and amputation as a part of their diabetic foot risk assessment. In our study, the cumulative proportion of a previous history of foot ulcer and amputation was 14.3%, which is twice that of studies conducted in India [24,25] and in a half of Portugal [22]. A follow-up study from the USA reported nearly three times higher proportion of foot ulcer or amputation compared to our study [26]. In this regard, a systematic review comprised of 41 documents by Hunt et al. [27] found that a person with a previous history of DFU has a 66% chance of ulcer recurrence and 12% chance of amputation over five years.

We have mentioned earlier that PN is one of the major risk factors for DFU. In our study, 4.2% of the T2D subjects had only PN and 11.6% had PN with deformity, represented as group 1 and group 2A respectively. This finding has much lower percentages compared to similar studies conducted among subjects of India [24,28–29] and Iran [21,29]. However, this burden is still higher than Portugal [22]. Our study classified very low proportion of T2D subjects as having PAD compared to aforementioned studies [21–24,28–30]. This might be due to the cut-off value applied to define PAD. The compared studies used ABI 0.9 or less as the cut-off, which included more participants as PAD. The overall burden of 'at risk' (other than group 0) T2D subjects of this study was also lower than the findings from India [28–29] and Portugal [22]. However, the proportion of 'at risk' subjects is more than twice that of aforementioned Indian [24] and Iranian [21] studies. The reasons for the risk difference in different countries are still unclear.

A study by Abott et al. explored this risk difference among different ethnic population including South-Asians, African-Caribbeans and Europeans of the United Kingdom [11]. They reported that such difference might be due to the methods applied to detect neuropathy, provisions of primary health care services, such as diabetes mini-clinics, podiatric care and referrals for special footwear for the health care districts and a

variable quality of health care. Regarding the burden of risk factors of DFU, Abott et al. added that lower level of PN and PAD also contribute to the less percentage of South-Asian population 'at risk' compared to Europeans. Another reason behind this difference is the application of various risk classification system in different countries. We used modified IWGDF risk classification, similar to the studies from Iran [21] and Portugal [22], whereas one of the two Indian [24] studies used semi-structured pre-tested questionnaire and another [28] applied American Diabetic Association (ADA) task force report for comprehensive foot examination risk classification.

Our study reports a sex-specific and area-specific difference in risk of DFU among T2D population of Bangladesh. The overall proportion of DFU risk was higher among men than women. Previous studies [7,21,24,31] have also reported similar findings. However, a community-based study from India reported that DFU risk was high in women [25], which is contradictory to our finding.

Our study shows that the risk of DFU is greater among men with a previous history of ulcer or amputation. This higher risk of foot ulcer history or amputation in men was also supported by a study from Iran, which used IWGDF risk classification system [21]. This men-to-women risk difference might be due to diabetes-related healthy behavioural practice, health-seeking behaviour and self-care. In this regard, a Brazilian study reported that sex is significantly associated with changes of lifestyle behaviour related to control of T2D, foot self-care and prevention of ulceration, and women were found to adhere more to lifestyle changes than men [32]. The same study also reported that men were highly reluctant to check their glycaemic status and lipid profile compared to women [32]. In this case, the fact is that women are more sensitive to health issues and more frequently seek health services than men do [33,34].

For the urban–rural difference, we found that the risk was higher among those who lived in a rural area. This finding is also supported by other studies [24,29,35]. A possible explanation is that diabetic patients of rural area are not aware of their PN due to illiteracy, especially their lack of knowledge about diabetic foot-related

complications. They walk barefoot and this leads to an injury to the foot and subsequent complications [36]. Another explanation could be that people in rural areas often sleep in huts or farmhouses where rodents are common; rodents bite their feet and in case of patients with diabetes, this can lead to chronic ulcers [35].

One of the major objectives of this study was to identify the predictors of DFU risk among Bangladeshi T2D population. Sociodemographic predictors age ≥50 years, living in a rural area and monthly income ≤19,488 BDT predicted higher odds for the risk of DFU. In diabetic research, age is widely evaluated as a predictor of DFU. Some other studies also found age as a significant predictor [37–39] of DFU. In our study, it was found that age below 50 years was a protective factor and age above this was associated with development of DFU. This has also been supported by the other studies that reported older age was a significant predictor [38,39].

Globally, the findings of the association of economic status and area of residence with the risk of DFU are inconsistent. Our results show that lower economic status (monthly income ≤19,488 BDT) and living in a rural area are the strong predictors of DFU. These findings were consistent with the results of other studies conducted in India [25,28] and Sri Lanka [40]. It was postulated that financial status is directly related to burden of risk factors, which leads to complications of chronic diseases. This is because a lack of financial resources interferes with the access to healthcare services, options of treatments and hinders the adoption of preventive measures that are necessary to avoid amputations [32]. Regarding place of residence, significant urban–rural risk difference for DFU was explained by the study of Viswanathan et al. [35] and we mentioned it in this section previously. However, one study has reported no association for the aforementioned predictors [41].

Our study found that the odds for risk of DFU were higher among insulin users, having diabetic-related complications as nephropathy and retinopathy. Previous studies also reported that use of insulin is a predictor of diabetic foot [30,42]. However, the exact mechanism behind this has not yet been explored and this finding is thus inconclusive.

It might be possible that when patients acquiesce to start insulin, they may already have diabetes for a long time with greater associated complications [30].

Our findings of retinopathy and nephropathy are also supported by other studies [21,39,43,44]. Regarding nephropathy, we found that about 10% of diabetic patients had a history of amputation when they entered a dialysis program [45]. Several factors might be responsible for an increased risk of DFU among nephropathy patients. Coexistence of PN, peripheral vascular diseases, susceptibility to infection, minimal self-care, dialysis therapy and anaemia [46]. On the other hand, one study has reported that the prevalence of diabetic retinopathy is much higher (90%) among patients with DFU than those who had no DFU [43]. Another study [44] used IWGDF risk classification to predict DFU and they found that around 67.58% of patients had diabetic retinopathy and they were included in the risk group 3, which was similar to our study. In this regard, a systematic review and a meta-analysis show that both retinopathy and nephropathy are microvascular complications. The impairment of microcirculation in T2D may lead to secondary complications in lower extremity due to dysfunctional vasodilatation. Moreover, patients of diabetic foot with retinopathy have higher level of diabetic biomarkers like ceruloplasmin. Again, this ceruloplasmin is an independent predictor of progression of diabetic nephropathy in T2D patients. Thus aforementioned explanation implies a link between DFU, and retinopathy and nephropathy [47].

Previous history of trauma was identified as a significant predictor of DFU (group 3A, OR 2.998, p <0.001; group 3B, p <0.001) in our study. This finding was similar to other studies that reported a significant association between a previous history of trauma and DFU [48–50]. However, the exact mechanism of a previous trauma leading to DFU is not clear. As such, further research on this issue is required.

Limitations

Our study has some limitations that should be mentioned. First, the participating centres were not representative of the Bangladesh diabetes centres as a whole

considering their geographical distribution as some areas were underrepresented or not represented at all. Therefore, the results of our study cannot be extrapolated to the general diabetic population in Bangladesh. Second, in our study some diabetes-related complications were underrepresented, especially for diabetic retinopathy and nephropathy. These co-morbidities were not based on real-time clinical examination of eyes and assessment of kidney functions, rather based on diabetic record books review. In a similar way, glycaemic status was evaluated using the values previously recorded in the diabetic records of the subject instead of using a biochemical measurement during data collection.

Strengths

Our study is important from the public health and clinical perspective. It is the first study in Bangladesh that predicts DFU risk in a moderately large sample of T2D population. Moreover, a multi-centric study recruited participants from world-renowned DAB affiliated diabetes centres. The other strength of this study is sex- and area-specific reporting of DFU risk among the study subjects. This difference will help to address the men–women and urban–rural disparities in diabetes foot care in Bangladesh and in remodelling the chain of diabetes centres where appropriate. The clinicians of Bangladesh should concentrate more on these predictors in the management of diabetic patients as these are associated with morbidity and mortality resulting from DFU.

Conclusion

We found that a significant proportion of T2D population of Bangladesh is at a high risk of DFU. The findings indicate that each diabetic patient must be screened for his or her foot ulcer risk factors according to IWGDF recommendation. In this regard, diabetic foot screening program can be introduced in the primary health care system of Bangladesh. Based on the findings of this study, we also recommend that specialized diabetic foot care centres should be established in both urban and rural areas to stop the debilitating consequences of DFU.

Funding

This study was funded by the Norwegian Award for Masters Studies (NOMA) through University of Oslo, Norway, awarded to the Bangladesh Institute of Health Sciences, Bangladesh.

Conflicts of Interest

All authors have none to declare.

Data statement

Data are available as a supplementary file (see online supplementary file 5). All data relevant to the study are included in the article.

Author statement

Conceptualization, Palash Chandra Banik and Liaquat Ali; Data curation, Palash Chandra Banik and Rajib Mondal; Formal analysis, Palash Chandra Banik, Mohammad Moniruzzaman and Lingkan Barua; Methodology, Farhana Zaman, Mohammad Moniruzzaman and Liaquat Ali; Resources, Farhana Zaman and Rajib Mondal; Supervision, Liaquat Ali; Writing – original draft, Lingkan Barua.

Acknowledgments

The authors would like to thank the Head of the Department of Community Medicine, Prof. Dr MSA Mansur Ahmed for his kind cooperation in conducting the study and are grateful to Diabetic Association of Bangladesh (DAB) for allowing data collection from their chain diabetes care centres.

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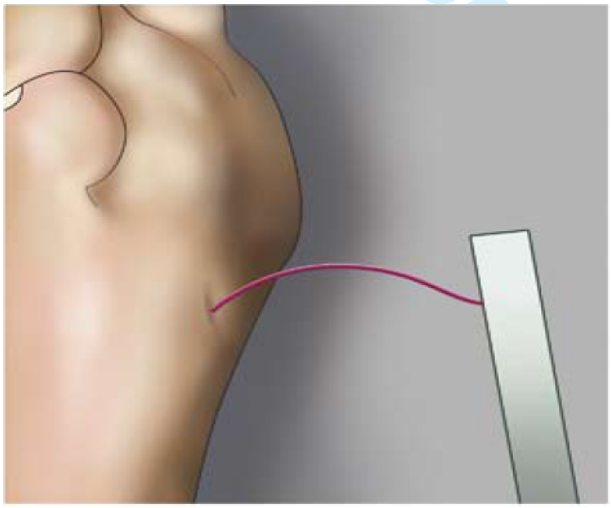
BANGLADESH UNIVERSITY OF HEALTH SCIENCES

Faculty of Public Health

Department of Noncommunicable Diseases (NCD)

TRAINING MODULE ON DETECTION OF DIABETIC FOOT PROBLEM AT THE EARLY STAGE



By

Palash Chandra Banik, Nirmalandu Bikash Bhowmik and Professor Liaquat Ali

March 2017

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Collaboration with

Diabetic Association of Bangladesh

Health Care Development Project (HCDP) of BADAS

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Table of Content

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Introduction

Why foot care is important for patients with Type 2 Diabetes?

Foot problems from diabetes represent a significant burden of care for primary care physicians. Most of the adverse outcomes of a diabetic foot are preventable with resources currently available in primary care settings where most patients with diabetes get their care.

The Center for Disease Control estimates that in 2010:

• 1 in 12 adults Americans, and 1 in 4 adult American Indians, has diabetes.
• Approximately 90% of these patients are managed by primary care providers.
• Of the diabetes patients seen, 20% will present with an acute foot problem.
• Over the course of their care, 15% will experience a foot ulcer.
• 5 – 10% will need lower limb amputation.
• 50% of those who get an amputation die within 5 years.

How is this training set up?

This Training can be used in a variety of different ways:

• Read the Essential Elements that offer a detailed explanation.
• Just want the key points? Then browse through the Quick Facts.
• Use these printable notes if you want to be able to write alongside the information offered.

Feel free to use any of these avenues to better enhance your learning needs.

Objectives:

At the end of this training, you will be able to:

1. List four risk factors for diabetic foot complications.
2. Be able to conduct a complete diabetic foot exam.

Screening for High Risk Patients: Overview

Foot ulceration and amputation are preventable with resources currently available in primary care settings where most patients with diabetes get their care. There are several principle risk factors for ulceration and lower extremity amputation (LEA) among patients with diabetes:

- Neuropathy
- Deformity
- Limited joint mobility
- Prior ulcer/ LEA
- PVD
- Onychomycosis

It is also important to assess non-foot related risk factors; some of them are potentially modifiable:

- Male sex
- Duration of diabetes
- Age
- Hyperglycemia
- Hypertension
- Dyslipidemia
- Smoking
- Poor vision
- Other complications such as renal disease

Patients at high risk for foot ulcer and amputation can be identified with simple criteria that involve several testing and inspection measures. Patients with all normal criteria are at low-risk, while those with insensitivity, deformity, absent pulses, or prior foot ulcers or amputations are at high-risk. These simple criteria have been validated in Indian Health Services (IHS) and adopted by most professional and public health organizations including the American Diabetes Association (ADA) and World Health Organization (WHO).

- Sensory testing with a 10 gram monofilament
- Foot inspection for deformity
- Reports of prior ulcer or amputation
- Checking for pedal pulses and taking measurements for an ABI pressure
- Checking joint mobility with goniometer

Screening for High Risk Patients: Sensation

A test using a 10 g monofilament is the recommended method for assessing for neuropathy of the foot. Loss of protective sensation at any site on the foot indicates evidence of neuropathy, increasing the risk of ulceration and other complications.

Equipment: 10 g monofilament
Monofilament is the test used to help identify high risk feet in people with diabetes. The monofilament exam involves using a 10 gram monofilament to test sensation on the tip of the great toe, little figure and 1st, 3rd and 5th metatarsal heads & heel of each foot.

The technique for monofilament testing is as follows:

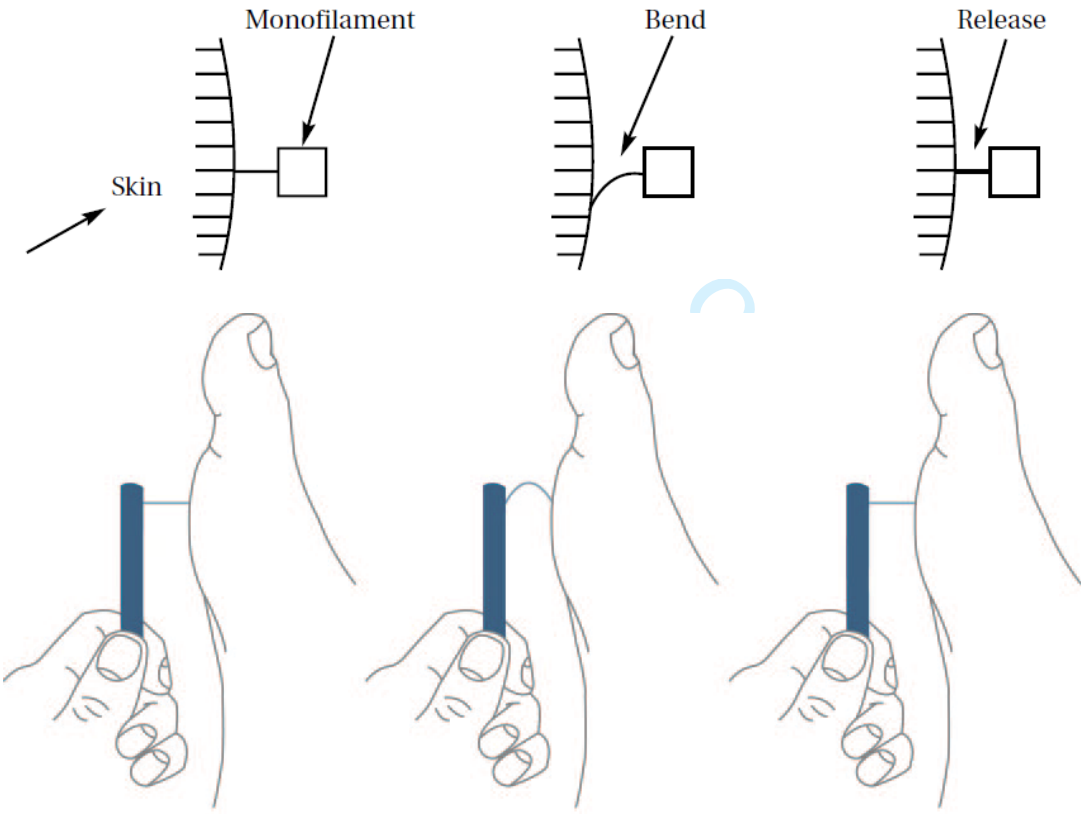
Directions for use of Semmes- Weinstein Monofilament

1. Assess integrity of monofilament (no bends/breaks).

2. Show the monofilament to the patient. Place the end of the monofilament on his/her hand or arm to show that the testing procedure will not hurt.

3. Ask the patient to turn his/her head and close his/her eyes or look at the ceiling.

4. Hold the monofilament perpendicular to the skin.



5. Place the end of the monofilament on the sole of the foot. Ask the patient to say 'yes' when he/she feels you touching his/her foot with the monofilament. DO NOT ASK THE PATIENT "did you feel that?" If the patient does not say "yes" when you touch a given

testing site, continue on to another site. When you have completed the sequence RETEST the area(s) where the patient did not feel monofilament.

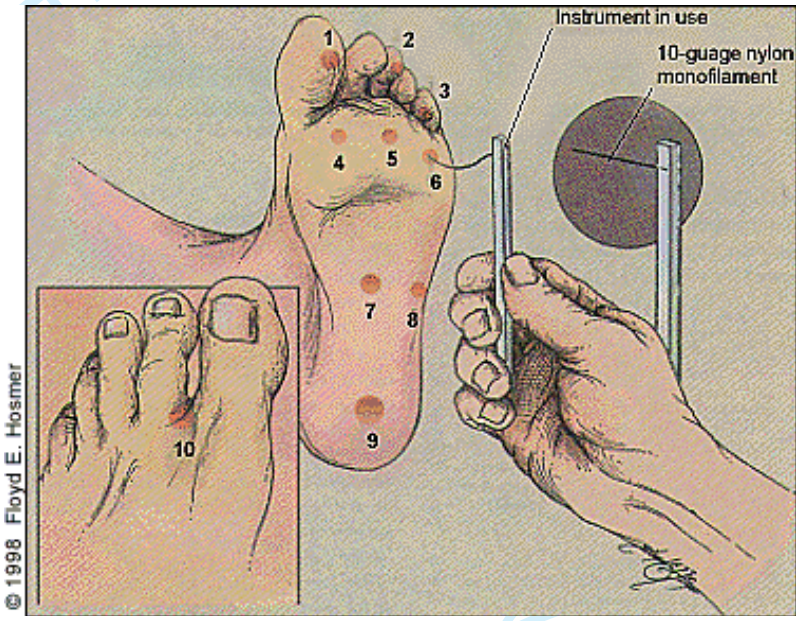
6. Push the monofilament until it bends, then hold for 1-3 seconds.

7. Lift the monofilament from the skin. Do not brush or slide along the skin.

8. Repeat the sequence randomly at each testing site on the foot (see pictures below).

Sites on the sole of the foot for monofilament testing

Loss of protective sensation = absent sensation at one or more sites



Using the monofilament, test the sites listed. Do not test over heavy callus.
• *digits: 1st, 3rd, 5th*
• *MTH: 1st, 3rd, 5th*
• *midfoot: Medial, Lateral*
• *heel*
• *top (dorsum) of foot*

N. B.:
Apply only to intact skin. Avoid calluses, ulcerated or scarred areas. DO NOT use a rapid or tapping movement.
■ If the monofilament accidentally slides along the skin, re-test that area later in the testing sequence.
■ Store the monofilament according to the manufacturer's instructions.
■ Clean the monofilament according to agency infection control protocols.
■ The filament should be cleaned after use with an alcohol swab or dilute bleach solution and returned to its case.
■ Do not apply the filament directly on an ulcer, callous, scar or necrotic tissue. Apply the filament on near-by normal tissue.

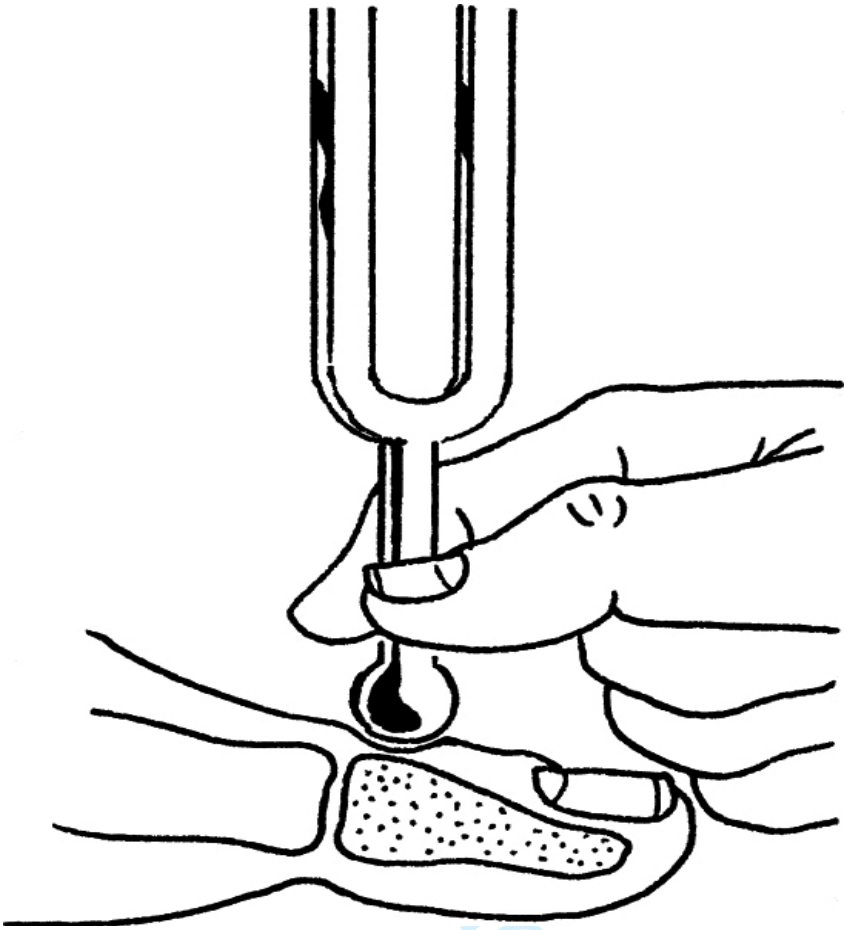


Figure: How to use a tuning fork

Tuning fork

• The sensory examination should be carried out in a quiet and relaxed setting. First, apply the tuning fork on the patient's wrists (or elbow or clavicle) so that he/she knows what to expect.
• The patient must not be able to see whether or where the examiner applies the tuning fork. The tuning fork is applied on a bony part on the dorsal side of the distal phalanx of the first toe.
• The tuning fork should be applied perpendicularly with constant pressure.
• Repeat this application twice, but alternate this with at least one 'mock' application in which the tuning fork is not vibrating.
• ***The test is positive if the patient incorrectly answers at least two out of three applications, ('at risk for ulceration') and negative with two out of three correct answers. (A test is positive if it identifies the risk).***
• If the patient is unable to sense the vibrations on the big toe, the test is repeated more proximally (malleolus, tibial tuberosity).
• Encourage the patient during testing by giving a positive feedback.

Screening for High Risk Patients: Foot Deformities

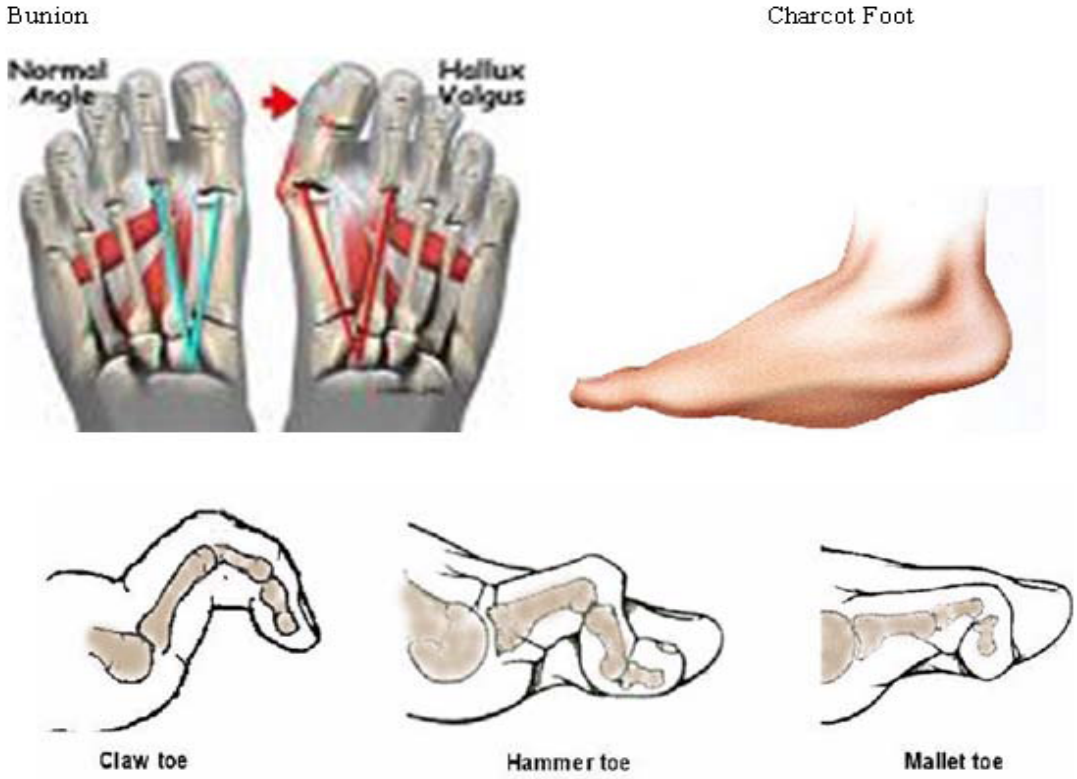
To understand foot deformities, it is important to recognize that foot structure and function is incredibly complex and can easily go awry. Normal foot architecture is maintained through a balance of forces applied by muscles and tendons on bones. Atrophy of a muscle group through nerve damage can lead to deformity. It is important to watch areas that can be open to friction and repetitive micro-trauma as those sites can lead to callus and ulceration.

Types of foot deformities include:

• The **bunion**, or **hallux valgus**, increases the risk for ulceration through a mechanism of increased pressures and friction and repetitive micro-trauma that out paces the healing capacity at the bunion site.

• **Hammer** and **claw toe** deformities develop from atrophy of the small muscles between the toes. Both the dorsal and plantar aspects of the involved toes are at risk for friction and pressure related trauma with subsequent ulceration.

• C**harcot foot** is one of the most severe diabetic foot deformity in which the entire mid-section of the foot collapses and forms a classic "rocker bottom" sole. It is caused by a combination of sensory and autonomic nerve dysfunction in which microscopic fractures to the tarsal bones trigger an inflammatory response and subsequent dissolution of the tarsal and metatarsal bones of the foot. The arch becomes inverted, which causes high plantar pressures, and is at extreme risk for ulceration.



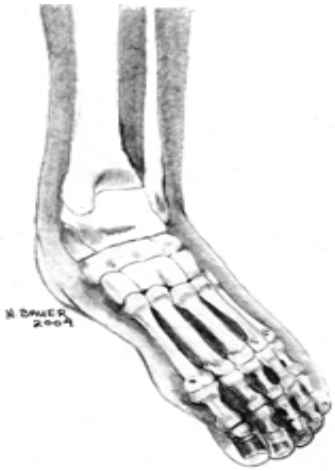
Hammer toe and other toe deformities

Hammer toe – bent middle joint

Claw Toe – joint at base of toe is bent up and middle joint is bent down

Halgus Valgus or Small Bunion (Mild/Moderate) – joint at the base of big toe is pushed to the side

Hallus Valgus or Large Bunion (Severe) – big toe may move under second toe



Pes Planus

Pes Cavus

Charcot Arthropathy

Pes planus produces flattening of the foot. Pes planus feet have increased lateral talometatarsal angle and increased second metatarsal length (Ledoux, Shofer, Ahroni, Smith, Sangeorzan & Boyko, 2003). There are many reasons for this condition, the first of which is heredity. Many have this condition and never have any problems of any kind.

However, others will have this condition created through years in soft, unsupportive shoes on hard surfaces, injury, pregnancy, or other factors. This often leads to other problems.

The arch in the foot is caused by a broad band of fibrous connective tissue, called the longitudinal ligament. A ligament is nothing more than connective tissue that connects bone to bone. The longitudinal ligament connects the metatarsal phalangeal joints to the os calcis or heel bone. Like a string on a bow, they hold the two ends together and create an arch. This arch is a shock absorption structure and it also helps to maintain all the tarsals in proper erect anatomic position. As this arch decreases, impact from the concrete becomes worse.

When the arch ligament stretches or tears, the arch falls. If it falls far enough, the tarsals may begin to shift to the inside or create pronation or a valgus (greater than 90 degree erect) position at the ankle. This can cause problems in the origin area, (the metatarsals) or in the heel. It also may cause pressure on the medial (inner) knee and perhaps the hip and back. It is like pulling the string on a marionette too tight, the result is a kinked mass on one side. The human body is much the same, put too much tension on major muscle groups and the joints kink and yell back.

In pes cavus, the arch is abnormally high on weight bearing. The heel is often tilted inwards at the ankle (but not always). In many, the toes will appear clawed. When not standing the front half of the foot (forefoot) will appear to be dropped below the level of the rear foot. Ledoux et al. (2003) identified biomechanical differences among pes planus and pes cavus feet in persons with diabetes. They found pes cavus feet had more prominent metatarsal heads, bony prominences, hammer/claw toes, increased hallux dorsiflexion and Pes Cavus decreased hallux plantarflexion.

Charcot joint is a form of neuroarthropathy that occurs most often in the foot. **Nerve damage from diabetes causes decreased sensation, muscle and ligamental atrophy and subsequent joint instability**. Walking on this insensitive and weakened joint can cause even more damage to the foot structure. In the acute stage there is inflammation and bone reabsorption which destroys the bone. In later stages, the arch falls and the foot may develop a rocker bottom appearance. Weight distribution of the sole is altered causing deformities leading to pressure points that enhance ulcer development. Signs to assess for are: hot on the onset, pain, discomfort, erythema, swelling, rigid deformities, limited joint mobility, callus formation (ADA, 2001; Bowker & Pfeifer, 2001). One in 680 people with diabetes develop Charcot joint with an incidence of 9-12% individuals with documented diabetic peripheral neuropathy (Royal Melbourne Hospital, 2002). It is important that the Charcot foot is recognized early so that appropriate treatment of the foot can be provided to prevent further injury and promote a stable foot (Lavery et al., 1998).

Screening for high risk patient: Vascular

There are three non-invasive assessments for detecting peripheral vascular disease:

• **The palpitation of pedal pulses is most simple and fastest**. The dorsalis pedis and posterior tibial are the two main arteries in the foot.

o The dorsalis pedis is on the dorsum or top of the foot.

o The posterior tibial is palpitated behind the medial maleolus, or inside the ankle bone.

Pedal Pulse Assessment:

Locating a pedal pulse is part of the trauma patient assessment and performed before and after lower extremity splint application as well as long backboard immobilization. Locating a pedal pulse can be difficult even in healthy patients. Use these tips to find a patient's pedal pulse:

1) First assess the patient's radial pulse rate and rhythm so you know what you are seeking.

2) Move shoes, socks, tights, and anklets out of the way to expose the patient's skin.

3) Move, if not compromised by injury, the patient's foot towards the normal anatomical position.

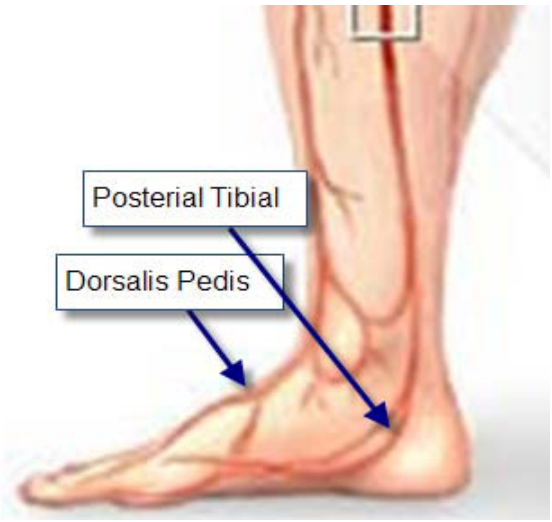
4) Check for either the dorsalis pedis pulse (on the top of the foot) or the posterior tibial pulse (located behind the medial malleolus — the ankle bone).

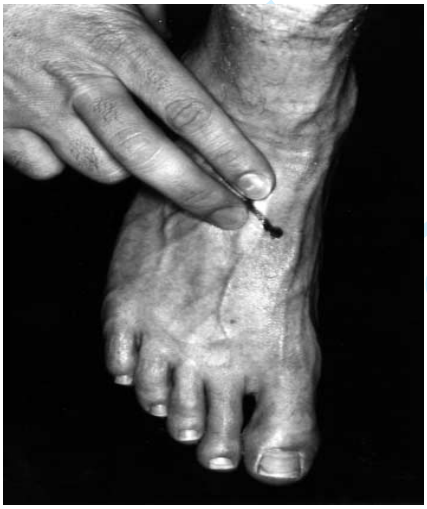
5) For dorsalis pedis, first visualize because you might see the skin pulsating above the artery. If you are unable to see anything, hold two or more fingers lightly against the skin. Move up from the toes towards the leg until you locate the pulse.

6) For posterior tibial — on the medial side of the ankle — use two or more fingers. I find more pressure is needed to find this pulse.

If you are unable to find the pedal pulse on one leg, switch to the patient's other leg. Knowing the location of one pulse might help you find the other.

Once you have found a pedal pulse, consider using a ballpoint or felt pen to make a light mark at the pulse location to make reassessment easier. Finally, if the patient's foot is warm with normal color, it is adequately perfused.





Dorsalis Pedis: To palpate pulse, place fingers just lateral to the extensor tendon of the great toe. If you cannot feel a pulse, move fingers more laterally.

Posterior Tibial: To palpate pulse, place fingers behind and slightly below the medial malleolus of the ankle. In an obese or edematous ankle, the pulse may be more difficult to feel.

While the dorsalis pedis is easier to palpitate, it is congenitally absent in approximately 8-15% of individuals.

Ankle Brachial Index (ABI):

• An Ankle Brachial Index (ABI) can be performed with a handheld Doppler and a blood pressure cuff.

To obtain an ABI:

1. First measure brachial pressures in each arm.
• Apply the cuff to the upper arm
• Locate the brachial pulse with the Doppler and mark with a pen
• Inflate the cuff, apply Doppler, deflate the cuff and record the pressure at which flow is heard.

2. Next measure pressure in each ankle.
• Apply cuff to the calf
• Locate the posterior tibial pulse with the Doppler and mark with a pen.
• Inflate the cuff, apply Doppler, deflate the cuff and record the pressure at which the flow is heard.

3. ***To calculate ABI,*** divide the ankle pressure by the greater of the toe brachial pressures. While there is no clear threshold for increased risk, most accept a value of below 0.9 or 0.8 as conferring moderately high risk.

Example: Calculate ankle brachial index by dividing systolic ankle pressure by systolic brachial pressure e.g. ankle pressure is 120 mmHg and brachial pressure is 132 mmHg, ankle brachial index is 120/132 = 0.9

Some data suggests the Toe BI measurement is more accurate than the ABI, but it requires specialized equipment and is not routine in primary care.

Normal	0.9 – 1.2	Risk of vascular foot ulcer is small
Definite vascular disease	0.6 – 0.9	Risk of vascular ulcer moderate, depending on other risk factors
Severe vascular disease	Less than 0.6	Risk of vascular foot ulcer very high

N.B.: Ankle brachial index may not be able to be reliably calculated in some people with diabetes as the arteries in the ankles may be calcified.

Assess peripheral circulation with thorough palpation of **pedal pulses** (dorsalis pedis and posterior tibial). If there are no palpable pulses, and calculate ankle brachial index or consider referral to a vascular specialist. **Absent pulses**, **calf claudication**, **absence of hair on the feet**, **altered temperature** (a cold foot) and **thin**, **bluish skin** are suggestive of **peripheral arterial disease**. A bounding, easily detected pulse in a **warm**, **dry foot** is suggestive of **autonomic neuropathy**, which causes abnormal arterio-venous shunting.

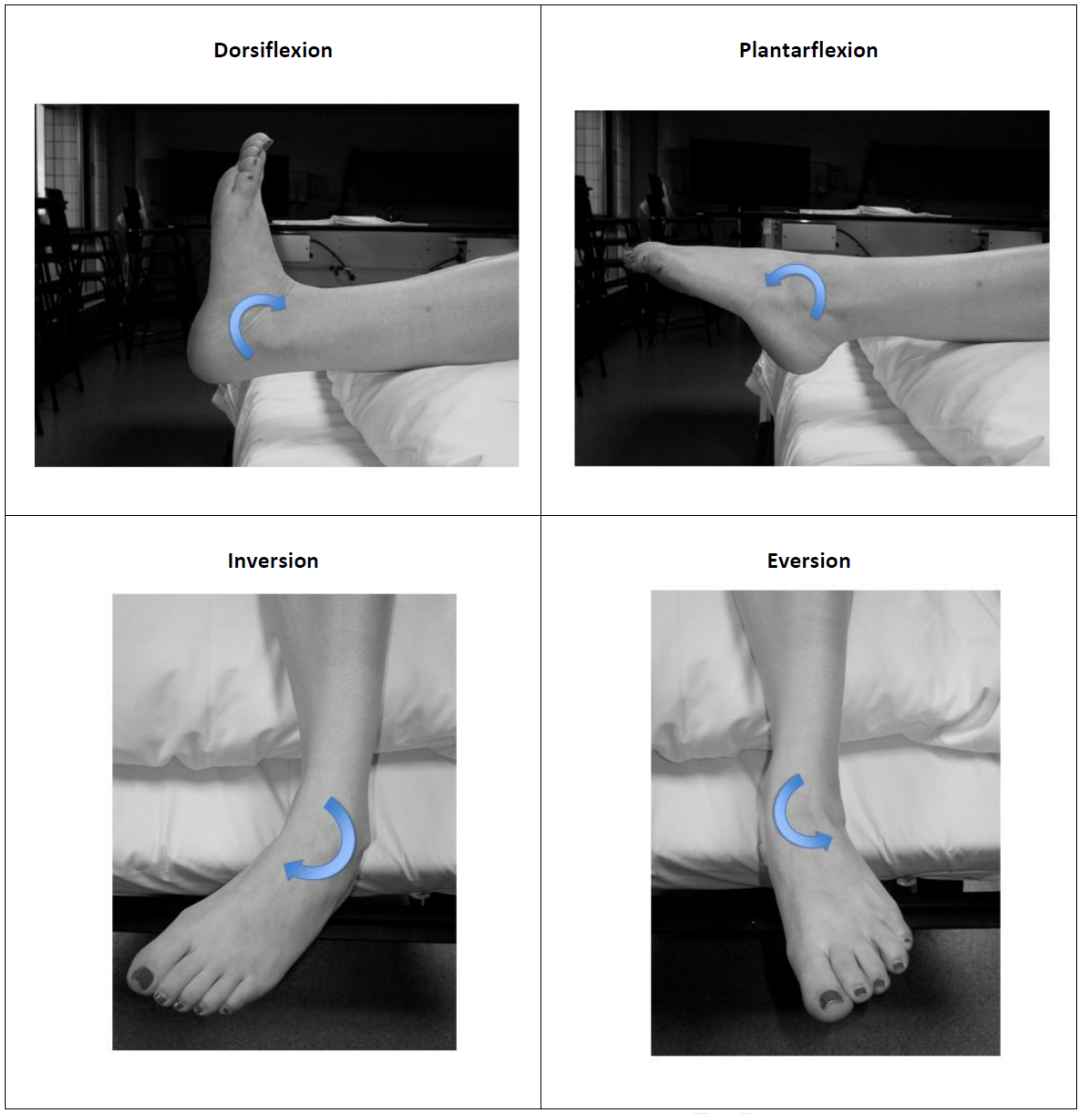
Screening for high risk patient: Foot mobility

Limited Joint Mobility:

Progressive stiffening of collagen-containing tissues leads to thickening of the skin, loss of joint mobility, and potential fixed flexor deformity. Up to 30% of patients with diabetes may have limited joint mobility. Reduction in mobility of the ankle joint may cause increased plantar pressure when walking and be a major risk factor in the pathogenesis of diabetic foot ulcers (Fernando, Masson, Veves & Boulton, 1991; Zimny, Schatz & Pfohl, 2004). Achilles tendon contracture is a common cause of limited joint mobility causing increased pressure on the forefoot during ambulation (Armstrong, Lavery & Bushman, 1998; Mueller, Sinacore, Hastings, Strube & Johnson, 2004).

Starting position:

For all of the measurements, the same starting position is used. Position the participant on the bed / plinth in long sitting, reclined to about 45 degrees. Place a pillow under upper part of the lower legs to flex the knee to 20-30˚ and lifting the heels off the surface of the bed / plinth. Ensure the patient is comfortable during the measurements. If it is not possible for the patient to get into the starting position then the measurements could be taken sitting, as long as the knee remains more than 20 degrees flexed and the heel is not directly resting on a support.

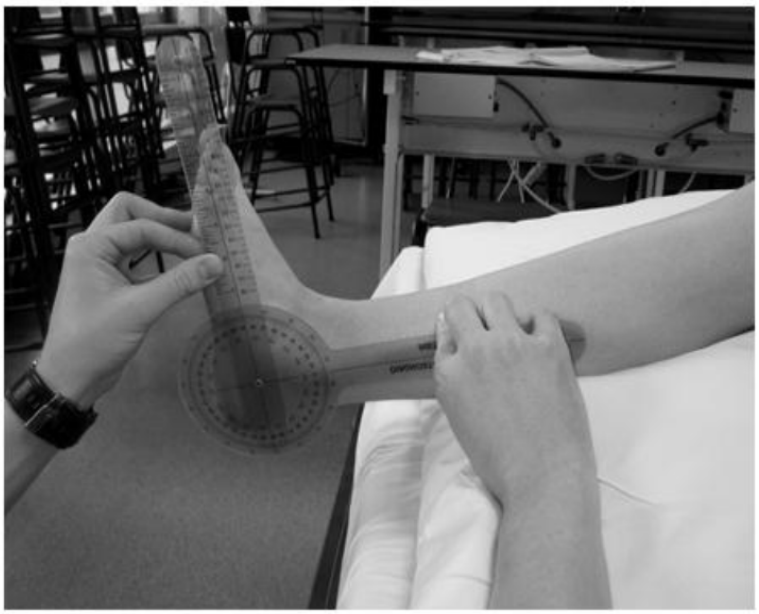


Measuring the range of motion

For the purposes of the trial, measure the uninjured ankle (if appropriate) and then the injured ankle.

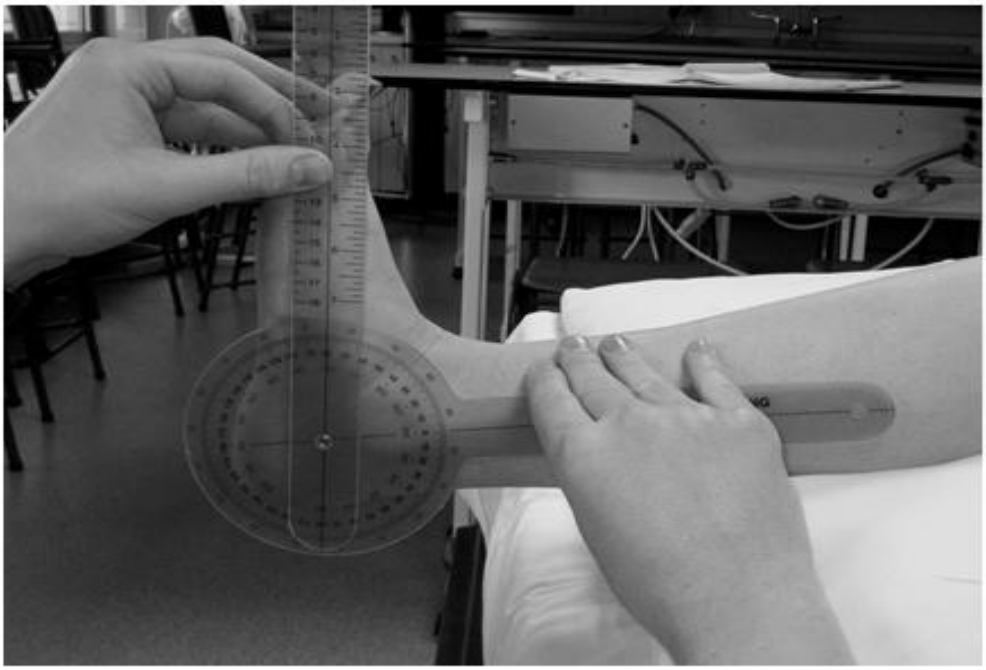
Ask the patient to move as far as comfortable, not into pain. Measure how far the patient can move the foot / ankle themselves, do not assist the movement.

Ankle dorsiflexion and plantar flexion
Angles are measured from neutral (plantar grade), which is measured as 0˚.

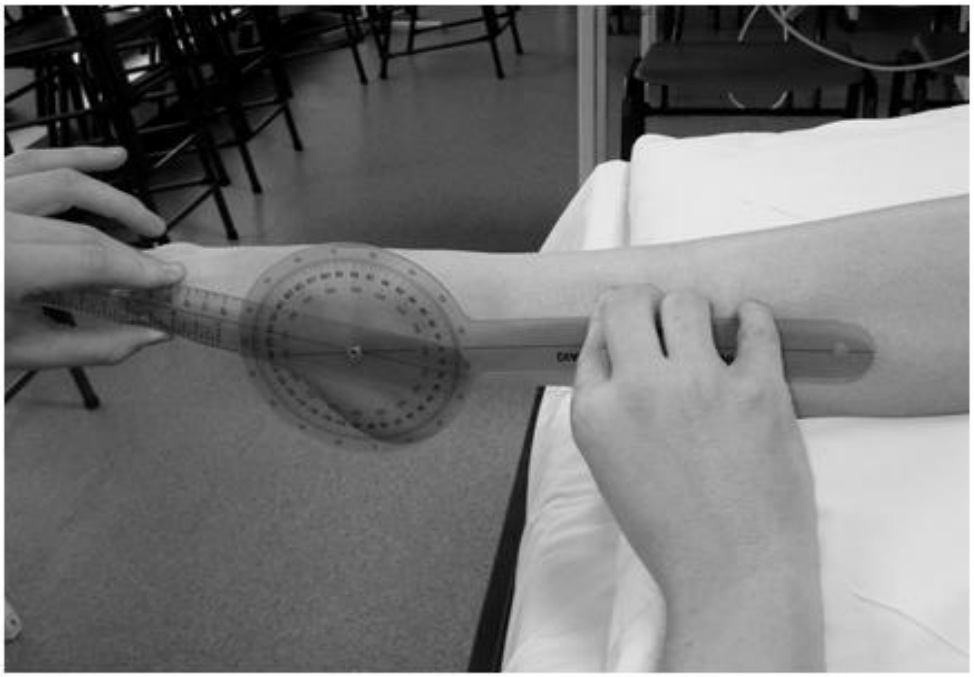
Goniometer axis: The axis of the goniometer is placed approximately 1.5cm inferior to the lateral malleolus. **Stationary arm:** Parallel to the longitudinal axis of the fibula, lining up with the fibula head. **Moveable arm:** Parallel to the longitudinal axis of the 5th metatarsal	

Instructions:

Dorsiflexion: Ask the patient to pull their foot towards them
(Normal range is typically 0-20˚)



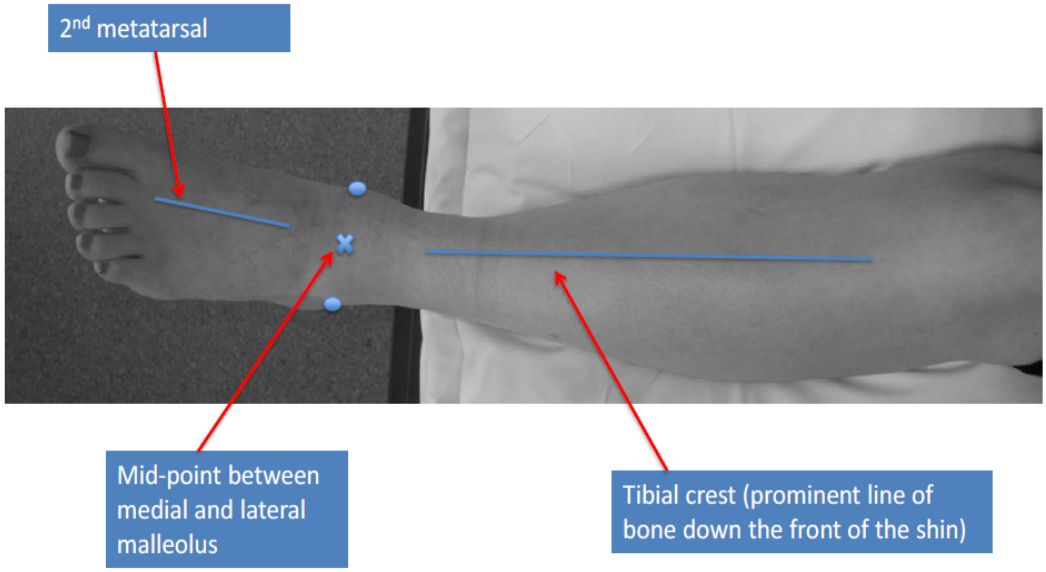
Plantarflexion: Ask the patient to point their foot away
(normal range is typically 0-50˚)



Measure and record the angle between the movable and stationary arms in degrees.

Ankle inversion and eversion

Angles are measured from neutral, which is measured as 0˚.
Key bony landmarks that help to orientate the goniometer



Positioning and alignment of the goniometer:

Goniometer axis: The axis of the goniometer is placed on the front of the ankle at the mid-point between the medial and lateral malleoli. **Stationary arm:** Along the tibial crest (prominent line of bone down the front of the shin) **Moveable arm:** In line with the 2nd metatarsal (lining up with the base of the second toe).	

Consent Form

Annex 1

Dear Participant,

Purposive Selection

You have been purposively selected to be part of this thesis and this is why we would like to interview you. This thesis is being conducted by **Palash Chandra Banik**, a student of M.Phil in Non-communicable Diseases at Bangladesh Institute of Health Sciences (BIHS) under Bangabandhu Sheikh Mujib Medical University (BSMMU). This type of study is currently taking place in several countries around the world.

Title of Thesis

The title of this thesis is **"Risk of foot ulcer and its determinants among Type 2 diabetic subjects".**

Aim of the Thesis

To determine diabetic patients at risk for foot ulceration through a multi-center hospital based study in Bangladesh

Data Collection Methods

Step 1- Interview questions

Step 2- Physical examination & screening test (foot)

Timeframe

It is estimated that step 1 & 2 of this study will take approximately 30-40 minutes.

Confidentiality

The information you provide is totally confidential and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed from the instrument, and only a code will be used to connect your name and your answers without identifying you.

Results

The results of this thesis will be used to help plan strategies in reducing the risk factor that contribute to diabetic foot ulcer among the diabetic patients as well as chronic non-communicable diseases in Bangladesh.

The results will be published in research publications, media briefings and reports and can be made available to you by local health workers.

Voluntary Participation

Your participation is voluntary and you can withdraw from the study after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this study you may ask me or contact to the researcher [Palash Chandra Banik, cell: +8801710972498].

Consent to Participate

Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures

I hereby provide INFORMED CONSENT to take part in Steps 1 and 2 of this Risk Factor Study.

Name of the participant: **Witness:**

Sign or fingerprint **Sign or fingerprint**

BIRDEM Form No.-114

BIRDEM
An Enterprise of the Diabetic Association of Bangladesh

Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders

WHO Collaborating Centre for Prevention and Control of Diabetes

Memo No: BADAS/BIO/EA/11/033
Date: 17.01.2011

To
Palash Chandra Banik
Student, MPhil in Noncommunicable Diseases (NCD)
Department of Community Medicine (CM)
Bangladesh Institute of Health Sciences (BIHS)

Subject: Ethical Clearance

The Ethical Review Committee (ERC) of the Bangladesh Diabetic Association (BADAS) has the pleasure to accord ethical clearance to your Protocol "**Risk of foot ulcer and its determinants among type 2 diabetic subjects in Bangladesh"** subject to the condition that the guidelines must be followed carefully.

- The Ethical Review Committee approves this study from an ethical point of view upon the addressing by the researchers of the concerns as raised by the ERC affiliates.
- Approval is given for three years. Projects, which have not commenced within two years of original approval, must be re-submitted to ERC. You must inform ERC when the research has been completed.
- Any serious adverse events or significant change which occurs in connection with this study and/or which may alter its ethical considerations must be reported immediately to the ERC.
- Approval is given on the understanding that the 'Guidelines for Ethical Review' are adhered to.

(Prof. Tofail Ahmed, PhD)
Chairman
Ethical Review Committee

Ibrahim Memorial Diabetes Centre, 122 Kazi Nazrul Islam Avenue, Dhaka-1000, Bangladesh.
Phone : 8616641-50, 9661551-60, Fax : 880-2-9667812, Cable : BIRDEM

Reporting checklist for cross sectional study.

Based on the STROBE cross sectional guidelines.

Instructions to authors

Complete this checklist by entering the page numbers from your manuscript where readers will find each of the items listed below.

Your article may not currently address all the items on the checklist. Please modify your text to include the missing information. If you are certain that an item does not apply, please write "n/a" and provide a short explanation.

Upload your completed checklist as an extra file when you submit to a journal.

In your methods section, say that you used the STROBE cross sectional reporting guidelines, and cite them as:

von Elm E, Altman DG, Egger M, Pocock SJ, Gotzsche PC, Vandenbroucke JP. The Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) Statement: guidelines for reporting observational studies.

		Reporting Item	Page Number
Title and abstract			
Title	#1a	Indicate the study's design with a commonly used term in the title or the abstract	Page-1, Line Number-1
Abstract	#1b	Provide in the abstract an informative and balanced summary of what was done and what was found	Page-2,3, Line Number-25-54
Introduction			
Background / rationale	#2	Explain the scientific background and rationale for the investigation being reported	Page-4-6, Line Number-75-136
Objectives	#3	State specific objectives, including any prespecified hypotheses	Page-6, Line Number-135-136
Methods			

Study design	#4	Present key elements of study design early in the paper	Page-6, Line Number-139
Setting	#5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	Page-6, Line Number-139-142
Eligibility criteria	#6a	Give the eligibility criteria, and the sources and methods of selection of participants.	Page-6, Line Number-143-147
	#7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	Page-6-8, Line Number-148-202
Data sources / measurement	#8	For each variable of interest give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group. Give information separately for for exposed and unexposed groups if applicable.	Page-7, Line Number-180-202
Bias	#9	Describe any efforts to address potential sources of bias	Page-8, Line Number-203-226
Study size	#10	Explain how the study size was arrived at	Page-6, Line Number-139-140
Quantitative variables	#11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen, and why	Page-9, Line Number-239-258
Statistical methods	#12a	Describe all statistical methods, including those used to control for confounding	Page-9, Line Number-239-258
Statistical methods	#12b	Describe any methods used to examine subgroups and interactions	n/a
Statistical methods	#12c	Explain how missing data were addressed	n/a
Statistical methods	#12d	If applicable, describe analytical methods taking account of sampling strategy	n/a
Statistical methods	#12e	Describe any sensitivity analyses	n/a

Results

Participants	#13a	Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed. Give information separately for for exposed and unexposed groups if applicable.	n/a
Participants	#13b	Give reasons for non-participation at each stage	Some of the participants were not participate as they had limited time.
Participants	#13c	Consider use of a flow diagram	n/a
Descriptive data	#14a	Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders. Give information separately for exposed and unexposed groups if applicable.	Page-10, Line Number-242-244
Descriptive data	#14b	Indicate number of participants with missing data for each variable of interest	n/a
Outcome data	#15	Report numbers of outcome events or summary measures. Give information separately for exposed and unexposed groups if applicable.	n/a
Main results	#16a	Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	Page-13-16, Line Number- 292-308
Main results	#16b	Report category boundaries when continuous variables were categorized	Page-10-16, Line Number- 259-308
Main results	#16c	If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	n/a

Other analyses	#17	Report other analyses done—e.g., analyses of subgroups and interactions, and sensitivity analyses	n/a
Discussion			
Key results	#18	Summarise key results with reference to study objectives	Page-16-20, Line Number- 309-430
Limitations	#19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias.	Page-20-21, Line Number-431-442
Interpretation	#20	Give a cautious overall interpretation considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence.	Page-21, Line Number-443 to 461
Generalisability	#21	Discuss the generalisability (external validity) of the study results	Page-20, Line Number-432-442
Other Information			
Funding	#22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	Page-21, Line Number-462-465

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943	2	45	2	1	3	3	1	5000
944	2	52	2	2	3	3	1	30000
945	2	40	2	1	2	3	1	4000
946	2	47	1	1	3	1	1	5000
947	2	50	2	2	3	1	1	20000
948	2	50	2	1	3	1	2	8000
949	2	58	2	1	2	3	1	15000

950	2	50	2	1	3	1	1	8000
951	2	32	2	1	3	3	1	7000
952	2	40	2	1	2	3	1	10000
953	2	70	2	1	3	1	1	20000
954	2	50	2	1	3	3	1	16000
955	2	38	2	1	3	1	1	15000
956	2	49	2	2	2	3	1	35000
957	2	55	2	2	2	3	1	19000
958	2	35	2	2	2	3	1	7000
959	2	66	2	1	2	3	1	150000
960	2	57	2	1	3	1	1	22000
961	2	55	2	2	1	3	1	6000
962	2	65	2	1	3	1	1	6000
963	2	55	2	1	2	3	1	10000
964	2	50	2	2	2	3	1	6000
965	2	73	2	2	2	3	1	30000
966	2	59	2	2	3	3	1	15000
967	2	65	2	1	3	3	1	30000
968	2	60	2	1	2	3	1	5000
969	2	50	1	2	3	4	1	9000
970	2	56	1	2	4	1	1	20000
971	2	50	1	2	3	2	1	5000
972	2	75	1	1	3	2	1	7000
973	2	80	1	2	1	4	1	7000
974	2	60	1	2	2	4	2	20000
975	2	78	1	2	3	2	1	1000
976	2	52	1	1	3	1	1	20000
977	2	60	1	1	4	1	1	20000
978	2	51	1	2	1	4	1	12000
979	2	45	1	2	2	4	1	5000
980	2	60	1	1	4	4	1	20000
981	2	45	1	2	3	4	1	7000
982	2	67	1	2	3	4	1	8500
983	2	40	1	2	3	1	1	20000
984	2	63	1	2	3	1	1	8000
985	2	50	2	1	2	3	1	5000
986	2	35	2	2	1	3	1	7000
987	2	47	2	2	2	3	1	20000
988	2	50	2	2	3	3	1	10000
989	2	62	2	1	3	1	1	40000
990	2	62	2	1	2	3	1	10000
991	2	65	2	2	1	3	1	10000
992	2	62	2	1	2	3	1	5000
993	2	66	2	1	3	3	1	150000
994	2	73	2	1	3	3	1	15000
995	2	48	2	1	2	3	1	10000
996	2	50	2	2	3	3	1	12000
997	2	57	2	1	3	3	1	20000
998	2	47	2	1	3	3	1	25000
999	2	55	2	2	2	3	1	8000

1000	2	40	2	2	2	3	1	10000
1001	2	45	2	2	2	3	1	8000
1002	2	62	2	1	4	1	1	10000
1003	2	45	2	1	3	3	1	15000
1004	2	46	2	1	2	1	1	35000
1005	2	55	2	2	1	3	1	10000
1006	2	59	2	1	3	3	1	5000
1007	2	74	2	1	3	3	1	5000
1008	2	60	2	1	3	3	1	10000
1009	2	70	2	1	2	3	1	4000
1010	2	60	2	2	2	3	1	15000
1011	2	63	2	1	3	3	1	7000
1012	2	62	2	1	2	3	1	5000
1013	2	70	2	1	3	3	1	20000
1014	2	43	1	1	3	1	1	22000
1015	2	50	1	2	1	2	1	6000
1016	2	45	2	2	3	1	1	15000
1017	2	63	2	2	3	2	1	15000
1018	2	63	1	1	4	1	1	20000
1019	2	35	2	2	1	3	1	4000
1020	2	60	2	2	2	3	1	15000
1021	2	73	2	2	1	3	1	10000
1022	2	58	2	2	3	3	1	15000
1023	2	40	2	2	3	1	1	15000
1024	2	65	2	2	2	3	1	9000
1025	2	50	2	2	1	3	1	10000
1026	2	45	2	2	2	1	1	15000
1027	2	35	2	2	3	1	1	12000
1028	2	46	2	2	3	3	1	15000
1029	2	63	2	2	1	3	1	12000
1030	2	45	2	2	2	1	1	40000
1031	2	63	2	2	2	3	1	15000
1032	2	45	2	2	1	3	1	9000
1033	2	40	2	2	2	3	1	10000
1034	2	42	2	2	2	3	1	10000
1035	2	61	2	2	2	3	1	18000
1036	2	66	2	2	1	3	1	4000
1037	2	62	2	2	2	3	1	10000
1038	2	60	2	2	2	3	1	10000
1039	2	50	2	2	2	3	1	8000
1040	2	45	2	2	3	1	1	8000
1041	2	45	2	2	2	3	1	5000
1042	2	60	2	2	1	3	1	7000
1043	2	45	2	1	3	3	1	10000
1044	2	60	2	1	3	1	1	5000
1045	2	61	2	2	3	3	1	45000
1046	2	43	2	1	3	1	1	10000
1047	2	69	1	1	4	2	1	10000
1048	2	40	2	1	1	3	1	10000
1049	2	42	2	1	3	3	1	10000

1050	2	62	2	1	3	3	1	15000
1051	2	70	2	1	3	3	1	10000
1052	2	49	2	1	1	3	1	10000
1053	2	58	2	2	1	3	1	45000
1054	2	53	2	2	2	3	1	20000
1055	2	44	2	1	3	3	1	15000
1056	2	40	2	2	2	3	1	15000
1057	2	60	2	2	4	1	1	8000
1058	2	48	2	1	2	3	1	20000
1059	2	56	2	2	1	3	1	30000
1060	2	65	2	1	3	3	1	20000
1061	2	57	2	1	3	3	1	7000
1062	2	70	2	1	1	3	1	20000
1063	2	52	2	1	2	3	1	50000
1064	2	49	2	2	2	3	1	8000
1065	2	60	2	1	1	3	1	70000
1066	2	55	2	1	3	1	1	10000
1067	2	55	2	1	2	3	1	10000
1068	2	93	2	1	3	3	1	50000
1069	2	68	2	1	1	3	1	60000
1070	2	70	2	2	1	3	1	5000
1071	2	60	1	1	3	1	1	8000
1072	2	59	1	1	4	1	1	32000
1073	2	75	1	1	2	1	1	25000
1074	2	80	1	2	3	2	1	30000
1075	2	48	1	1	3	1	1	20000
1076	2	30	1	1	1	1	1	15000
1077	2	44	1	1	4	1	1	30000
1078	2	65	1	2	3	1	1	500000
1079	2	52	1	1	3	1	1	20000
1080	2	47	1	1	2	2	1	15000
1081	2	42	1	2	2	4	1	30000
1082	2	75	1	1	3	4	1	20000
1083	2	50	1	1	2	2	1	5000
1084	2	36	1	1	2	1	1	8000
1085	2	24	1	2	3	2	1	7000
1086	2	47	1	2	4	1	1	10000
1087	2	41	1	1	3	1	1	7000
1088	2	49	2	1	2	3	1	20000
1089	2	35	2	1	1	3	1	30000
1090	2	37	2	1	1	3	1	70000
1091	2	50	2	1	2	3	1	6000
1092	2	50	1	1	3	1	2	40000
1093	2	23	1	1	3	4	1	20000
1094	2	52	1	1	3	1	1	10000
1095	2	30	1	2	1	4	1	7000
1096	2	45	2	1	2	3	1	10000
1097	2	60	1	2	1	4	1	8000
1098	2	42	2	2	1	3	1	12000
1099	2	35	2	1	1	3	1	60000

1100	2	53	1	1	1	4	1	25000
1101	2	70	1	1	3	2	1	10000
1102	2	46	2	1	2	3	1	15000
1103	2	43	2	2	1	3	1	20000
1104	2	49	2	1	2	3	1	20000
1105	2	70	1	1	4	1	1	7000
1106	2	79	2	1	1	3	1	50000
1107	2	25	2	1	3	3	1	50000
1108	2	40	1	1	1	4	1	10000
1109	2	50	2	1	1	3	1	10000
1110	2	30	2	1	1	3	1	50000
1111	2	46	1	1	3	2	1	3000
1112	2	70	1	2	2	4	1	25000
1113	2	35	1	1	4	4	1	5000
1114	2	45	1	1	4	1	1	30000
1115	2	47	1	1	4	4	1	30000
1116	2	65	2	1	1	3	1	15000
1117	2	20	2	2	1	3	1	10000
1118	2	45	2	2	1	3	1	6000
1119	2	55	1	1	1	1	1	10000
1120	2	65	2	1	2	3	1	30000
1121	2	46	1	1	2	1	1	5000
1122	2	45	1	1	4	4	1	10000
1123	2	41	1	2	2	2	1	30000
1124	2	47	2	2	1	3	1	20000
1125	2	55	2	1	2	3	1	10000
1126	2	70	2	2	1	3	1	20000
1127	2	43	2	1	4	4	1	15000
1128	2	55	1	1	3	2	1	7000
1129	2	55	2	1	2	3	1	40000
1130	2	72	2	1	3	3	1	25000
1131	2	40	2	2	1	3	1	20000
1132	2	39	1	1	3	1	1	10000
1133	2	70	2	1	2	3	1	15000
1134	2	50	2	2	1	3	1	15000
1135	2	35	1	2	1	4	1	3000
1136	2	42	2	1	2	3	1	15000
1137	2	50	2	1	4	1	1	7000
1138	2	42	2	1	2	3	1	7000
1139	2	36	2	2	1	3	1	5000
1140	2	55	2	1	1	3	1	10000
1141	2	50	1	2	4	1	1	5000
1142	2	60	2	1	2	3	1	60000
1143	2	45	2	2	2	3	1	10000
1144	2	60	1	2	1	4	1	3000
1145	2	73	2	2	3	3	1	30000
1146	2	90	2	2	2	3	1	4000
1147	2	40	2	1	2	3	1	5000
1148	2	46	2	1	2	3	1	15000
1149	2	56	2	1	1	3	1	15000

1150	2	45	2	1	1	3	1	2000
1151	2	55	2	1	2	2	1	10000
1152	2	42	2	2	2	2	1	10000
1153	2	50	2	2	2	3	1	20000
1154	2	45	2	2	1	3	1	3000
1155	2	42	2	2	2	3	1	30000
1156	2	35	2	2	2	3	1	3000
1157	2	45	1	2	3	4	1	5000
1158	2	42	1	2	4	4	1	10000
1159	2	65	2	2	2	3	1	80000
1160	2	40	2	2	2	3	1	5000
1161	2	55	2	1	1	3	1	10000
1162	2	60	1	2	2	2	1	5000
1163	2	50	1	2	1	4	1	15000
1164	2	47	2	2	1	3	1	15000
1165	2	70	1	2	3	4	1	5000
1166	2	52	2	1	2	3	1	10000
1167	2	40	1	2	3	4	1	20000
1168	2	40	2	2	1	3	1	4000
1169	2	60	2	2	1	3	1	12000
1170	2	46	1	2	4	1	1	15000
1171	2	40	1	2	3	4	1	5000
1172	2	50	2	1	2	3	1	10000
1173	2	50	2	2	1	3	1	8000
1174	2	40	2	2	1	3	1	15000
1175	2	56	2	1	3	3	1	10000
1176	2	60	2	2	2	3	1	3000
1177	2	60	1	2	3	2	1	30000
1178	2	30	2	2	2	3	1	15000
1179	2	40	1	2	3	4	1	3000
1180	2	30	2	2	1	3	1	30000
1181	2	55	2	2	2	3	1	8000
1182	2	60	2	2	1	3	1	20000
1183	2	65	2	2	3	3	1	10000
1184	2	41	2	2	1	3	1	7000
1185	2	60	2	2	2	3	1	6000
1186	2	30	2	2	1	3	1	6000
1187	2	35	2	2	1	3	1	60000
1188	2	56	2	2	1	3	1	30000
1189	2	56	2	2	1	3	1	10000
1190	2	72	1	2	2	1	1	5000
1191	2	65	1	2	3	2	1	20000
1192	2	54	1	2	3	1	1	11500
1193	2	55	1	2	2	1	1	10000
1194	2	45	2	2	2	4	1	10000
1195	2	45	1	1	4	1	1	6000
1196	2	63	2	2	2	3	1	50000
1197	2	70	2	2	1	3	1	40000
1198	2	68	2	2	1	3	1	20000
1199	2	37	1	1	3	4	1	10000

1200	2	59	2	1	2	4	1	2500

BMI	Q18_dur_DM	nsulin_user	Q20_FBG	Q21_RBG	_current_sm	6_current_S	PA	se_fitting_f
22.22222	8	2	8.9	10.9	2	2	2	1
26.25499	2	2	7.2	11.5	2	2	1	1
25.63117	8	2	6.4	10.5	2	2	2	1
23.55556	12	2	9	12	2	2	1	1
26.57538	15	1	9.8	13.5	2	1	1	1
23.55556	11	1	6.4	9.1	2	2	1	1
24.86395	1	2	5.5	8.4	2	2	2	1
31.73973	6	1	5.7	7.8	2	2	2	1
24	20	2	5.2	6.6	2	1	1	1
29.17489	19	1	7.7	12	2	1	2	1
22.21368	11	2	6.6	8.9	2	1	2	1
22.37034	3	2	6.2	11.2	2	1	2	1
23.82813	7	2	5.5	7.8	2	2	1	1
23.11111	14	1	6.5	8.4	2	2	2	1
36.21228	8	2	7.9	8.9	2	2	2	1
23.55556	14	1	6.3	11.5	2	2	2	1
26.3656	13	2	6.9	9.5	2	2	2	1
21.48438	8	2	3.2	11.5	2	2	2	1
25.91068	10	2	5.8	7.2	2	2	1	1
24.76757	2	2	5.3	7.6	2	1	2	1
25	8	2	7.1	14.7	2	1	1	1
23.8048	3	1	9.7	16.9	2	2	1	1
25.71166	15	2	5.2	9.9	1	2	1	1
23.73996	7	2	9.1	11.3	2	2	2	1
20.80856	8	2	8.5	13.6	2	2	2	1
22.03857	2	2	4.5	12.5	2	2	2	1
24.38653	6	1	5.2	9.7	1	1	1	1
26.12861	7	2	6	10.2	2	2	1	1
22.30815	15	1	7	12.7	2	2	2	1
23.91883	3	2	5.3	6.4	1	1	2	1
24.97399	15	1	4.1	7.2	2	2	2	2
25.81663	5	2	6.6	8.6	1	2	2	1
26.15933	19	1	10	18	2	2	1	2
25.03992	13	2	17.9	14.2	2	2	2	1
20.17715	15	1	10	15	1	2	2	1
24.38237	5	2	6.8	13.2	2	2	2	1
19.00391	3	2	6	7.5	2	2	2	1
28.99931	12	1	4.1	7.2	2	2	2	1
24.14152	7	1	5.9	12.5	1	1	1	1
28.57796	12	1	6.6	9.9	2	1	2	1
23.11111	11	1	6.9	10.7	2	2	1	1
22.10029	12	1	5.8	7.2	2	2	2	1
25.71166	10	2	6.2	8.1	2	1	2	1
25.91068	5	2	4.2	9.6	1	2	2	2
25.63117	2	2	5.9	7.7	1	2	1	1
19.95935	17	1	5	8.9	2	1	2	1
24.53897	21	1	5.9	11.1	2	2	2	1
24.97399	16	1	8.8	16	1	1	2	1
28.959	12	2	5.2	6.9	2	1	2	1

25.45236	6	2	6.9	8.6	2	2	1	1
28.51563	11	1	6.8	11.2	2	2	1	1
32.88919	7	2	7	8.5	2	2	2	1
26.57313	6	2	6.8	8.9	2	2	2	1
23.55556	14	1	6.7	11.9	2	2	2	1
26.3656	7	2	6.911	11.1	2	2	2	1
23.4375	15	2	7.2	8.3	2	2	2	2
22.03173	26	1	6.2	7.2	2	2	2	1
27.11111	23	2	9	13	2	2	2	1
21.875	24	2	6.7	13	2	2	2	1
29.38476	5	2	6	10.5	2	2	1	1
30.07813	3	2	5.9	10.2	2	2	2	1
22.03857	9	1	5.1	8.2	2	2	1	1
27.91552	10	2	6.4	13.9	1	2	2	1
24.21875	20	2	5.7	9.8	2	1	2	1
17.99015	25	1	6	11	1	1	1	1
27.34375	5	2	5.8	9.9	2	2	1	1
32.46618	20	2	9.3	9.9	2	2	2	1
24.00549	3	2	6.7	10.3	2	1	2	1
24.52435	8	2	8.2	11.5	2	1	1	1
26.29758	25	2	6.4	8.4	1	2	1	1
24.39482	1	2	6.8	11	2	1	2	1
24.79667	1	1	5.2	8	2	2	2	1
23.11111	10	1	8.1	12	2	2	2	1
37.53049	1	2	4.9	6.2	2	2	2	1
22.22222	3	2	5.8	8	2	1	2	1
23.11111	1	2	7.2	11.2	2	2	2	1
24.64665	12	2	8.8	14.4	2	1	2	1
30.29778	10	2	5.3	7.2	2	2	2	1
27.8488	10	1	6.5	10.8	2	2	1	1
22.82688	10	1	7.4	8.4	2	2	1	2
25.5102	12	2	6.4	7.8	2	1	1	1
25.78125	1	2	6.2	7.5	2	2	2	1
28.06894	5	2	7.4	13.5	2	2	1	1
22.0741	15	2	6.7	7.4	2	2	2	2
23.42237	3	2	6.9	9.2	2	2	1	2
28.93407	6	2	7	10.8	2	2	1	1
21.64127	2	2	7.2	10.7	2	2	2	1
26.17188	8	2	6.6	8.1	2	1	1	1
29.35752	5	2	6.8	12.1	2	2	2	1
27.20961	2	2	5.1	6.1	2	2	1	1
25.56611	5	2	6.6	7.6	2	2	1	1
23.8048	5	2	6.1	11.6	2	2	1	1
24.00549	10	1	6	10.4	2	2	2	2
23.73996	16	1	8.3	10.8	2	2	1	1
29.08613	5	2	6.4	8.8	2	2	2	1
25.91068	8	2	7.2	13.7	2	1	1	1
17.77778	1	2	7.2	11.9	2	2	2	1
24.30462	1	2	7.9	13	2	2	2	1
25.5102	1	2	8.1	10.1	2	2	1	2

24.97399	6	2	9.2	11	2	2	1	1
28.98114	2	1	11.6	14.2	2	2	2	1
28.30385	19	1	6.2	7.9	2	2	2	1
27.20961	2	2	4.3	4.9	2	1	2	1
27.76621	5	2	6	10	2	2	1	1
20.3428	4	2	11	13	2	1	2	1
27.99302	7	2	8	9	2	2	1	1
23.23346	2	2	7	10	2	2	1	1
26.27135	2	2	8	9	2	2	1	1
19.43635	5	2	9	14	2	2	1	1
28.06894	20	1	5	9	2	2	2	1
25.67452	8	2	4	7	2	2	2	1
32.89474	14	1	7	9	2	1	1	1
29.67495	2	2	6.5	7	2	2	2	1
32.51821	7	2	8	10	2	2	2	1
26.83518	3	2	7	13	2	1	2	1
27.70083	15	2	6	9	2	1	2	1
24.83576	3	2	7	14	2	2	1	1
24.76757	19	1	7	12	2	2	1	1
24.65303	20	1	7	9	2	1	2	1
25.20398	12	2	7	10	2	2	1	1
29.34129	2	2	6	8	2	1	2	1
27.55556	10	1	8	4	2	2	2	1
24	5	1	7	6	2	2	1	1
23.42209	20	2	8	11	2	2	2	1
26.40236	16	1	7	10	2	1	2	1
29.43213	2	2	6	8	2	2	2	1
25.55885	8	2	6	14	2	2	2	1
22.93975	14	2	13	17	2	2	2	1
29.08613	3	2	11	16	2	1	2	1
24.21875	4	2	4	7	2	2	1	1
21.36752	15	1	10	17	2	2	1	2
29.51594	6	2	8	11	2	1	1	1
18.75	1	2	5	7	2	2	1	1
22.0741	2	2	6	14	2	2	1	1
33.28402	10	2	12	14	2	2	1	1
26.83518	17	2	8	11	2	2	1	1
21.1109	5	2	9	10	2	2	2	1
26.22269	20	1	7	10	2	2	1	1
30.49353	9	2	8	11	2	1	2	1
27.55556	17	2	9	12	2	2	2	1
27.18163	6	2	13	18	2	2	2	1
27.00617	5	2	7	9	2	2	2	1
26.03749	10	2	4	14	2	2	1	2
24	2	2	7	9	2	2	2	2
28.76187	16	2	10	11	2	2	1	1
23.83301	1	2	6	9	2	2	2	1
23.83301	1	2	5	6	2	2	2	1
23.8054	15	2	9	10	2	2	2	1
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23.87512	1	2	6.4	7.2	2	2	1	1
29.09428	5	2	6	10	2	2	2	1
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29.41744	17	2	11	12	2	2	2	2
22.50693	6	2	9	16	2	2	1	1
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28.13366	17	2	14	24	2	2	2	1
33.77778	1	2	6	8	2	1	2	2
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31.07968	1	2	7	11	2	2	1	1
24.74745	8	2	5	6	2	2	2	1
23.8054	5	2	14	19	2	2	1	1
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29.86496	1	2	8	11	2	1	2	1
23.61275	9	2	13	17	2	1	2	1
28.76187	7	1	11	14	2	1	2	1
33.7325	4	2	6	8	2	1	2	1
31.90092	9	1	6	10	2	2	2	1
23.95123	12	2	11	13	2	1	2	1
21.20845	9	2	12	13	2	1	2	1
28.88889	1	2	6	11	2	2	1	2
29.26007	25	2	14	22	2	2	2	2
33.32756	16	2	7	12	2	2	1	2
31.5011	7	2	3	12	2	2	1	1
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22.18364	16	2	9	16	2	2	1	1
28.88889	10	2	8	12	2	2	2	1
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22.67995	12	2	9	14	2	2	2	1
25.5367	30	2	14	16	2	1	2	1
27.29322	8	2	8	9	2	2	1	1
26.95313	2	2	6	7	2	2	1	2
27.55556	7	2	7	9	2	2	2	2
23.92242	22	2	8	18	2	2	1	2
21.21914	1	2	8	10	2	2	2	1
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25.5367	25	2	6	8	2	2	1	2
25.80221	17	2	20	22	2	2	2	1
34.29355	2	1	10	12	2	2	1	2
25.5367	6	2	10	11	2	1	2	1
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24.65483	12	2	7	10	2	2	2	1
32.87311	9	1	8	12	2	2	2	1
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32.46614	7	2	5	9	2	2	1	1
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33.32756	1	2	5	8	2	2	2	1

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26.47918	5	2	11.8	14.5	2	2	2	2
30.29778	1	2	5.6	13	2	2	1	2
24.55775	5	2	7.9	9.1	2	2	1	1
29.27796	20	2	9.4	12.5	2	2	2	1
21.63115	3	1	9	11.2	2	2	2	1
23.8054	3	2	8.7	13.3	2	2	2	2
24.03441	8	1	10	15	2	1	2	1
24.03441	5	1	13.3	24	2	2	1	1
27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
28.76397	1	2	5	7	2	2	1	1
21.56455	1	2	6	8	2	2	2	1
23.87512	15	2	6	10	2	2	1	1
23.79536	2	1	4	9	2	2	2	1
26.95313	1	2	9.5	17	2	2	2	1
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26.95313	10	1	14	22	2	2	1	1
22.26563	5	1	11	14	2	2	1	1
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28.04967	1	2	6	8	2	2	1	1
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26.7094	16	1	6	17	2	2	1	1
26.66667	20	1	8	16	2	2	1	1
23.22543	1	2	8	14	2	2	1	1
26.57313	1	2	7	16	2	2	1	1
22.03173	1	2	6	19.9	1	2	1	1
26.67276	3	2	8	14	2	2	2	1
30.07813	1	2	6	10	1	2	2	1
26.17188	4	2	5	9	2	2	1	1
25.68956	12	2	9	14	1	2	1	1
22.30815	3	2	12	19	1	2	2	1
24.50895	4	2	5	9	2	2	1	1
21.875	3	2	7	9	2	2	2	1
26.43807	3	2	7	10	2	2	2	1
26.17188	10	2	8	8	2	2	1	1
18.55288	22	2	9	12	2	2	1	2
25.39063	7	2	5	6	2	2	2	1
25.63117	14	2	6	13	1	1	1	1
25.03992	4	2	9	14	2	2	2	1
21.56455	3	2	6	7	2	2	1	1
21.19274	8	2	12	18	1	1	2	1
29.32099	10	2	7	9	2	2	2	1
26.83518	5	2	8	12	2	2	2	1
27.00513	8	1	14	21	1	2	2	1
25.40282	2	2	13	17	2	1	2	1
25.03992	15	2	7	10	2	2	2	1
23.8054	3	2	8.7	13.3	2	2	2	2

24.03441	8	1	10	15	2	1	2	1
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27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
28.76397	1	2	5	7	2	2	1	1
21.56455	1	2	6	8	2	2	2	1
23.87512	15	2	6	10	2	2	1	1
23.79536	2	1	4	8	2	2	2	1
26.95313	1	2	9.5	17	2	2	2	1
32.8125	12	1	7	9	2	2	2	1
24.03441	8	1	10	15	2	1	2	1
24.03441	5	1	13.3	24	2	2	1	1
27.11058	4	1	7.6	9	2	2	1	1
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28.76397	1	2	5	7	2	2	1	1
21.56455	1	2	6	8	2	2	2	1
23.87512	15	2	6	10	2	2	1	1
23.79536	2	1	4	5	2	2	2	1
26.95313	1	2	9.5	17	2	2	2	1
32.8125	12	2	7	4	2	2	2	1
22.3403	1	2	6	11	2	2	1	1
26.63892	4	1	10	18	2	1	1	1
32.88889	10	1	11	13	2	2	1	1
22.15102	3	2	9	13	2	2	1	1
23.29072	4	2	15	18	2	1	1	1
24.59491	10	2	10	11	2	1	1	1
30.29778	15	1	9	13	2	1	1	1
21.21832	4	1	10	18	2	1	1	1
30.22222	4	1	7	13	2	2	2	1
22.94213	3	2	9	13	2	2	1	1
32.08944	12	1	6	16	2	1	1	1
28.99931	10	2	4	10	2	2	2	1
27.97068	8	2	9	13	2	1	1	1
24.14152	4	1	10	18	2	1	1	1
29.33333	7	1	5	7	2	2	1	1
24.14152	6	2	7	12	2	2	1	1
23.29072	4	2	15	18	2	1	1	1
24.59491	10	2	10	11	2	1	1	1
25.33333	6	2	17.4	8.4	2	1	2	2
26.47918	5	2	11.8	14.5	2	2	2	2
30.29778	1	2	5.6	13	2	2	1	2
24.55775	5	2	7.9	9.1	2	2	1	1
29.27796	20	1	9.4	12.5	2	2	2	1
21.63115	3	1	9	11.2	2	2	2	1
23.8054	3	2	8.7	13.3	2	2	2	2
24.03441	8	1	10	15	2	1	2	1
27.82931	7	2	5	9	2	2	1	1
27.11058	4	1	7.6	9	2	2	1	1
25.14861	3	2	6	8	2	2	2	2
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21.36752	1	2	7	8	1	2	1	1
24.60938	2	2	8	10	2	1	1	1
27.81588	3	1	8	16	2	1	1	1
26.04167	10	1	7	8	2	1	2	1
22.64087	4	2	8	16	2	2	2	1
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42.34405	6	1	7	9	2	2	1	1
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24.24392	7	1	7	16	2	1	1	1
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27.23922	4	2	8	13	2	2	2	1
28.45293	6	2	6	11	2	2	2	1
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19.72387	6	2	14	17	2	2	2	2
26.52392	3	2	10	14	2	1	1	1
21.91381	6	1	11	16	2	2	2	1
24.24392	3	2	9	11	2	2	2	1
28.45293	14	1	6	9	2	1	2	1
28.3771	24	2	9	11	2	2	1	1
28.617	2	2	11	17	2	2	1	1
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25.87858	1	2	5	9	2	2	2	1
31.34645	1	2	13	23	2	2	2	1
34.72222	10	2	8	14	2	1	2	1
23.83301	14	2	7	11	2	2	1	1
29.89969	12	1	7	16	2	2	2	1
24.67702	11	1	6	12	1	2	2	1
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25.1559	16	2	7	12	1	1	1	1
25.33333	1	2	7	8	2	2	1	1
23.82813	2	2	4	10	2	2	1	1
29.33333	1	2	12	20	2	2	1	1
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32.71862	5	1	9	11	2	2	1	1
22.60026	4	1	5	11	2	2	1	1
24.03461	2	2	5	10	2	2	1	1
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34.31953	1	1	7	8	2	2	1	1
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28.93519	8	1	11	14	2	2	1	1
32.31096	15	2	6	8	2	2	1	1
23.04688	18	1	9	11	2	2	2	1
24.22145	2	2	6	7	1	1	2	1
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23.62445	4	1	6	8	1	2	2	1
30.38194	10	2	5	9	2	2	2	1

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18.36547	5	2	5.5	8	2	2	2	1
23.30668	10	1	13.4	20	2	2	2	1
23.87543	20	2	8	14	2	2	2	1
23.87512	1	1	7	11	2	2	2	1
24.91077	9	1	6	8	2	2	2	1
21.92613	7	1	7	9	2	2	2	1
37.10575	18	1	8	12	2	2	2	1
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23.1911	17	1	8	11	2	2	2	2
31.55556	3	2	9	14	2	2	2	1
27.63037	20	1	8	11	2	2	2	1
24.14152	13	2	5	8	2	2	2	1
29.08163	1	2	7	8	2	1	2	1
32.46618	3	1	8	3	2	2	2	2
30.13148	10	2	11	18	2	1	2	2
34.24499	8	1	15	20	2	1	2	1
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27.88762	8	2	5	7	2	1	2	1
27.76621	8	1	14	17	2	2	1	1
22.22222	1	2	5	7.2	2	2	2	1
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43.67106	13	1	7	9	2	2	2	1
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24.14152	13	2	5	8	2	2	2	1
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29.4887	7	2	5	8	2	2	2	1
29.13632	25	1	9	12	2	2	2	1
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26.12245	12	1	11	12	2	1	1	1
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24.9135	34	2	7	10	1	1	1	1
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22.26563	18	2	6	7	2	2	2	1

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23.30668	3	1	6.1	4.7	2	1	2	1
27.23922	5	1	5.5	9.8	2	2	2	1
24.00549	1	2	5.7	7.3	2	2	2	1
22.51631	8	1	7.4	12.1	2	2	2	1
23.33768	4	2	6.1	4.7	1	2	1	1
27.91552	5	1	9.7	15.5	2	2	2	1
19.83471	8	2	6.7	4.7	2	2	1	1
27.25089	8	1	5.6	9	2	2	2	1
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26.31464	1	1	8	12.3	2	2	2	1
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27.30344	1	2	8.2	7	2	2	2	1
27.27633	4	2	4	7	2	2	2	1
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30.58802	1	2	12	10	2	2	2	1
23.8048	4	2	7	6	2	2	1	1
27.11111	3	2	7	9	2	2	2	1
24.23823	4	1	11	13	2	2	2	1
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31.86683	14	1	8	7	2	2	2	1
26.39798	22	2	6	11	2	2	2	1
26.40236	3	1	6	11.5	1	2	2	1
25.65437	15	1	11	7.3	2	2	2	1
21.21832	2	2	11	12	2	2	2	1
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33.59375	1	2	8	11.4	2	2	2	1
25.86451	15	2	8	12	2	2	1	1
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22.0741	20	1	13	15	2	1	2	1
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27.70526	2	2	5	9	2	1	2	1
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26.77593	3	2	7	9	2	2	2	1
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30.74787	3	2	9	11	2	2	2	1
30.63043	4	1	9	11	2	1	2	1
18.98659	10	1	12	16	2	1	2	1
24.14152	4	1	6	8	2	2	2	1
26.93572	15	1	18	20	2	2	2	1
33.22753	1	1	7	9	2	2	2	1
24.52682	9	1	8	14	2	2	2	1
45.88009	2	1	10	20	2	2	2	1
28.25097	12	1	5	8	2	2	2	1
33.69494	2	1	13	18	2	1	2	1
23.61275	6	1	6	12	2	2	2	1
17.25838	5	1	6	8	2	2	2	1
17.30104	1	2	11	18	2	2	2	1
32.83918	6	1	7	9	2	1	2	1
25.29938	9	1	8	14	2	2	2	1
32.31096	2	2	4	8	2	2	2	2
21.64127	2	2	7	9	2	2	2	1
21.58003	6	1	6	7	2	2	2	1
28.93519	4	1	7	8	2	2	2	1
27.27633	5	1	5	9	2	1	2	1
27.97068	5	1	7	9	2	1	2	1
26.91273	8	1	7	9	2	2	2	1
34.43526	2	1	7	9	2	2	2	1
28.13366	4	1	7	9	2	1	2	1
23.1911	1	1	7	8	2	2	2	1
26.27135	10	1	11	14	2	1	2	1
30.11028	14	2	7	6.5	2	2	2	1
29.26997	12	1	7	8	2	1	2	1

32.45472	1	1	7	9	2	2	2	1
30.80125	9	2	8	11.1	2	1	2	1
27.55556	1	2	6.3	9.8	2	2	2	1
31.29737	16	1	11.8	13.1	2	1	2	1
25.45236	12	1	9.1	11.8	2	1	2	1
26.3779	4	2	5.2	8.1	2	1	2	1
35.7072	1	2	8.5	9	2	1	2	1
23.47303	5	1	9.2	10	2	2	2	1
30.73061	2	2	5.2	7.8	2	2	2	1
28.30385	1	1	6	7.2	2	2	2	1
26.22269	1	2	4.7	5.9	2	2	2	1
34.69686	1	2	4.7	6.8	2	1	2	1
29.03179	9	1	6.8	9.8	2	2	2	1
23.6304	8	2	6.5	12.1	2	2	2	1
29.43213	6	2	12.7	17.7	2	2	2	1
20.2395	1	1	6.4	11.4	2	2	2	1
23.49524	9	1	6.8	9.1	2	2	2	1
27.39226	1	2	3.1	8.8	2	2	2	1
27.76621	2	1	11.6	19	2	2	2	1
16.97601	1	2	4.2	6.3	2	2	2	1
24	5	2	6.8	9.3	2	2	2	1
22.89282	1	1	7.9	16.3	2	2	2	1
21.77778	10	1	15.2	22.4	2	2	2	2
22.0741	5	1	10.4	18.1	2	1	2	1
29.90303	5	2	6.1	7.9	2	1	2	1
26.75321	18	1	6.8	10.3	2	2	2	1
23.8048	2	1	6.8	7.9	2	2	2	1
28.53746	10	2	6.3	8.3	2	2	2	1
19.97622	6	2	12.2	14.2	2	1	2	1
33.70052	11	2	5.4	7	2	2	2	1
23.42237	13	2	6.4	7.7	2	2	2	1
25.65263	5	2	7.5	8.5	2	2	2	1
34.70776	1	2	10.8	16.1	2	2	2	1
23.2446	4	1	5	7.3	2	1	2	1
17.85714	6	1	16.6	18.2	2	2	2	1
27.58621	18	2	6	12.9	2	1	2	1
21.58003	3	1	6.2	16.2	2	2	2	2
27.11058	9	2	10.7	13.2	2	2	2	1
17.30104	11	1	6.7	9.3	2	1	2	1
27.47138	3	2	11	14	2	2	2	1
29.96878	4	1	7.2	11.2	2	2	2	2
26.84067	6	2	5	9.2	2	2	2	1
22.22222	5	2	6.4	9	2	2	2	1
27.05515	6	1	5.3	8	2	2	1	1
27.76621	1	1	5.7	8.9	2	2	1	1
21.70139	15	2	1.2	3.6	2	2	2	1
23.18339	6	2	9.5	11.3	2	2	2	2
26.67276	8	1	6	8.5	2	2	2	1
25.10957	5	1	9.8	12.1	2	2	2	1
22.49135	5	1	13.2	17.3	2	2	2	1

24.12175	12	2	9.6	16.8	1	2	2	1
22.52151	1	2	5.6	8.5	2	2	1	1
31.99217	6	1	5	10	2	1	2	1
32.83918	3	2	4	8	2	2	2	1
22.82688	2	2	14	18	2	1	1	1
24.44444	6	2	6	8	2	2	1	2
23.45656	3	2	5	8	2	2	2	2
25.33333	3	2	10	22	2	1	2	1
24.44444	1	2	6.5	9	2	1	1	1
20.76125	10	1	11	13	1	1	1	1
23.14815	3	1	11	14	2	2	1	1
24.34176	2.5	2	6.6	7.4	2	2	2	1
22.22222	12	2	8.5	11.3	2	2	1	1
24.45107	10	2	7	10	2	1	1	1
22.82688	3	2	6	7	2	2	2	1
21.45727	5	1	6	5	2	2	2	1
26.89618	3	2	8	9	2	2	2	1
27.05515	10	2	4.5	8	2	2	2	1
23.49524	2	2	14	17	2	2	1	1
27.02581	4	2	8	14	2	2	2	1
25.5102	4	2	7	11	2	2	2	1
28.80441	3	1	10.11	18.1	2	2	2	1
31.95763	3	1	4	8	2	2	2	2
24.79667	6	2	8	12	2	2	1	1
20.81165	5	2	9	13	2	2	2	1
22.21368	5	2	4	6	2	2	2	1
19.29012	2	2	8	11	2	1	1	1
26.31464	2	1	12.6	15	2	2	2	2
18.76525	1	2	7.5	7.6	2	2	2	1
30.70041	6	2	5	10	2	2	1	1
25.33333	7	2	3.5	5.1	2	2	2	1
23.22543	8	1	4.8	16.8	2	2	2	1
22.22222	1	2	6.5	8.4	2	2	2	1
25.91068	3	2	5.4	8.9	2	2	2	1
24.80159	2	2	6	8.4	2	2	2	1
19.81768	2	2	8	13	2	2	2	1
19.39619	12	2	5.7	15	2	2	2	1
23.72529	4	2	5.1	7.4	2	2	2	1
25.39063	2	1	8	10	2	2	2	2
20.81165	3	1	9	11	2	1	2	1
18.64534	6	1	8	11	2	2	2	1
23.4375	2	2	6	8	2	2	2	1
25.88757	4	2	9	10	2	2	1	1
25.96953	5	1	10	13	2	2	2	1
21.22789	5	2	9	11	1	2	1	2
38.04994	4	2	11	14	2	2	2	2
27.68166	8	2	10	13	2	1	1	2
23.4375	1	2	8	11	2	2	1	1
28	8	2	5	8	2	2	2	1
19.05197	10	1	9	11	2	2	2	1

27.34375	2	1	9	11	1	2	2	1
21.95248	5	1	6	11	2	2	2	1
20.81165	3	1	5	9	2	2	2	1
24.22145	1	2	6	8	2	2	2	1
19.53125	10	1	10	14	2	1	2	1
24.21875	3	2	10	14	2	2	2	1
22.89282	1	2	5	6	2	2	2	1
21.56455	8	2	8	12	2	2	2	1
35.20955	1	2	9	10	2	2	2	1
31.11111	12	2	12	16	2	2	2	1
22.86237	1	1	11	14	2	2	2	1
30.22222	6	2	4	7	2	2	2	1
31.21748	4	2	6	9	2	1	2	1
21.7502	8	2	10	13	2	2	2	1
22.86237	6	2	5	7	2	2	2	1
23.58833	10	2	12	14	2	1	2	1
32.79321	7	2	7	10	2	2	2	2
20	10	2	6.3	9	2	2	2	2
28.14787	4	2	11	15.8	2	2	2	2
31.11111	20	2	6	7	2	2	2	1
22.22222	7	2	10	9	2	2	2	1
31.46837	1	2	5	9	2	2	2	1
30.61225	14	2	8	10	2	2	1	1
25.56611	8	2	6	8	2	2	2	2
33.21799	8	1	18	21	2	2	2	2
24.12175	7	1	5	7	2	2	1	1
24.97704	5	1	25	27	2	2	1	1
28.88889	10	1	8	9	2	2	2	1
21.30395	8	2	7	9	2	2	1	1
21.22281	20	2	9	7	2	2	2	1
30.10212	16	1	7	12	2	2	2	1
29.29688	1	2	6	8	2	2	1	1
23.38869	3	2	10	13	2	2	2	1
29.26007	1	1	5	7	2	2	1	1
27.84585	20	2	9	11	2	2	1	1
25.10957	5	2	3	13	2	2	2	1
26.7094	10	1	6	9	2	2	2	1
23.18339	7	1	8	17	2	2	2	2
28.57796	2	1	13	16	2	2	1	1
27.11111	15	1	7	9	2	1	1	1
28.76397	8	2	6	9	2	2	2	1
27.26801	3	2	15.6	17.83	2	2	2	1
22.34778	8	1	15.1	17.66	2	1	2	1
31.16344	4	1	6.3	9.6	2	2	1	1
22.47659	3	1	11.9	13.4	1	2	2	1
18.66667	10	1	18.74	21.94	2	2	1	2
21.64127	1	1	6.9	9.3	2	1	2	1
21.33333	1	2	6	7.8	2	2	1	1
20.45184	1	1	5.05	9.55	2	2	1	2
24.88889	3	1	13.6	25.66	2	1	1	2

20.77562	3	1	6.3	7.6	1	1	2	1
19.47715	4	2	11.6	22.2	2	2	2	1
22.89282	1	2	8.22	15	2	2	1	1
22.26563	7	1	8.9	11.27	2	1	1	1
26.93572	5	1	8.9	10.1	2	2	2	1
20.19509	1	1	5.3	7	2	2	2	1
21.09619	9	1	11	19	2	2	2	1
20.50493	12	1	9	14	2	1	2	1
27.81588	2	1	6	17	2	2	2	1
19.90997	15	1	14	18	2	1	1	1
24.52682	5	1	6	9	2	2	2	1
24.38653	7	2	15	22	2	2	2	1
19.29012	7	2	8	16	2	2	2	1
22.22222	12	1	13	21	2	2	2	2
22.82996	3	2	11	17	2	1	2	1
23.55556	6	2	5	7	2	2	2	1
22.64087	10	2	6	9	2	1	2	1
22.58271	3	1	17	21	2	1	1	1
14.0625	20	1	9	14	2	2	2	1
18.5178	7	2	11	22	1	2	2	1
26.29172	3	1	6	10	2	2	2	1
21.30395	4	2	14	21	2	2	1	1
15.05514	12	2	6	8	2	2	1	1
21.77384	14	1	8	15	2	2	1	1
43.80165	8	1	7	9	1	2	1	1
25.5102	15	1	13	16	1	1	2	1
21.64127	10	1	9	14	1	2	2	1
17.00882	1	2	6	10	2	2	2	1
24.76757	2	2	8	9	1	1	2	1
22.86237	13	2	16	24	2	2	2	1
19.84127	1	1	8	13	2	2	2	1
19.22769	9	1	8	15	1	1	2	1
22.26563	2	1	6	7	2	1	2	1
20.50493	11	2	9	15	1	2	2	2
23.1911	3	1	6	7	1	1	2	1
23.4375	1	2	6	7	2	1	2	1
20.93664	2	2	6	8	2	2	2	1
16.44737	8	1	18	20	2	2	2	1
21.50189	1	1	19	28	2	2	1	1
20.0796	1	1	17	26	1	2	2	1
22.31328	5	2	6	8	2	2	1	1
20.28123	18	1	14	22	2	2	2	1
21.23057	19	1	6	13	2	2	1	1
20.95717	24	2	12	17	2	1	1	1
24.34176	15	1	5	8	2	2	1	1
21.33821	30	1	6	9	2	2	2	1
22.37568	3	2	9	14	2	2	2	1
22.18935	12	1	7	9	2	2	2	1
21.71925	18	1	6	10	2	2	1	2
20.54569	10	1	5	8	2	1	2	1

24.38653	16	1	9	13	2	1	2	1
29.06977	12	1	16	19	2	2	2	1
29.06977	12	1	16	19	2	2	2	1
21.875	8	2	12	20	2	2	2	2
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26.02758	2	2	5.4	8.1	2	1	2	1
21.22789	36	2	5.8	7.9	1	2	2	1
20.95717	24	2	12	17	2	1	1	1
21.00767	3	1	6.4	8	1	2	2	1
24.09297	5	2	7	22	1	1	1	1
27.47624	10	1	9	12	2	2	2	1
23.73866	8	1	7	10	1	2	1	2
28.959	4	1	7	13	2	2	2	1
25.96454	9	1	10	17	2	1	2	1
22.26563	2	2	6	7	1	1	1	1
24.30462	10	1	7.9	19	2	2	2	1
18.55956	12	1	7	10	2	2	2	1
24.67702	15	1	7	9	2	1	2	1
15.94388	12	1	9	22	2	1	2	1
22.83737	5	1	7	9	2	1	2	2
19.69267	12	1	9	14	2	2	2	2
23.33768	10	1	11	14	2	1	2	1
22.49135	10	2	8.4	9	2	1	2	1
19.53125	5	2	9	12	1	2	2	1
21.93635	12	1	11	12	2	2	2	1
18.30577	16	1	8	12	2	1	2	1
29.72108	15	1	8	10	2	1	1	1
25.34435	8	2	24	11	2	1	2	1
17.71542	1	1	7	28	2	1	2	2
21.19274	2	1	12	17	1	1	2	1
26.17188	2	2	8	9	2	1	2	1
20.54569	20	1	8	10	2	2	1	2
21.33333	7	1	15	24	2	1	2	1
23.45856	10	1	15	30	2	2	2	1
19.39619	9	1	24	28	2	1	2	2
17.1875	20	2	6	8	2	2	2	1
29.7442	1	2	7	8	2	1	2	1
21.67126	22	1	10	16	2	2	2	1
29.05475	15	2	13	21	2	1	2	1
21.38394	15	1	8	10	2	2	2	1
23.56663	3	1	10	14	2	2	2	1
22.60026	17	1	12	14	2	2	2	1
24.38272	10	1	6	13	2	1	2	2
25.07619	12	1	10	19	2	1	2	1
25.95156	3	1	7.3	8.14	2	2	2	2
26.23356	7	1	11	12	2	2	2	1
19.05197	6	2	7	9	2	1	2	1
22.47659	10	2	7	11	2	1	2	1
22.67995	3	1	8	9	2	2	2	1
22.86237	7	1	9	11	2	2	2	1

20.77562	2	2	10	17	2	1	2	1
23.78121	4	2	6	8	2	2	1	2
22.5183	20	2	7	10	2	2	2	1
22.98401	3	1	6	8	2	2	2	1
18.59104	5	1	9	17	2	2	2	1
24.7768	10	2	6	24	2	1	2	1
26.47918	9	1	6.7	8.3	2	1	2	2
25.14861	6	2	7.9	10.8	2	2	1	2
25.96953	5	1	9.8	17	2	2	2	2
46.23725	12	1	9.7	11.5	2	2	2	1
27.40766	3	2	6	8.5	2	2	2	1
23.8054	4	1	8.9	14.9	2	2	2	1
18.08021	7	1	6.4	7.5	2	2	2	1
32.14286	2	1	11.6	14.6	2	1	2	1
23.33768	6	2	13.7	14.4	2	2	2	1
24.21875	3	2	6.6	24	2	2	2	1
26.14269	14	2	9.3	12.6	2	1	2	1
33.77045	1	2	13.7	24	2	1	2	1
25.78125	15	1	14.8	17.9	2	2	2	1
21.70139	1	1	3.6	8.8	2	2	2	2
26.67276	8	2	10.6	12.6	2	2	2	1
27.67874	1	2	5.2	9.2	2	2	2	1
18.51081	1	1	9.1	20.4	2	2	2	1
21.35992	12	2	5	7.1	2	1	2	1
25.23634	1	2	10.6	13.6	2	2	2	1
24.52435	1	1	5.4	6.4	2	1	2	1
18.85882	2	1	19	23	2	1	1	1
29.51594	1	2	6.4	7.8	2	2	2	1
26.75321	8	2	6.8	7.5	2	2	2	1
24.32323	1	2	8.3	12.4	2	1	1	2
21.00073	7	1	8.3	10.4	2	1	2	1
24.03461	5	2	5.8	8.7	2	1	2	1
21.04805	8	2	5.4	6	2	1	2	1
18.66667	16	1	5.7	12.2	2	1	1	1
23.11111	5	2	9.5	11.5	2	1	2	1
24.24392	3	2	4.8	6.9	2	1	2	1
23.37258	5	2	8.5	10.4	2	1	2	1
22.93975	4	1	6.7	8.8	2	2	2	1
23.45656	4	2	5.8	15.8	2	2	2	1
28.76397	1	2	6.1	8.2	2	2	2	1
22.82688	13	1	5.4	7.4	2	1	2	1
21.50189	4	2	7.9	9.9	2	1	2	1
23.96205	4	1	9.8	11.3	2	2	2	1
20.50493	8	1	11.2	13.2	2	2	2	1
24.34176	2	2	6.4	9.4	2	1	2	1
25	6	2	9.8	12.8	2	1	2	1
20.3428	1	2	6.1	7.4	2	2	2	1
18.369	4	2	7.9	17.2	2	2	2	1
21.875	2	1	9.8	16.8	2	2	2	1
22.83288	1	2	6.9	10	2	1	2	2

18.32562	5	2	5.9	6	2	1	2	1
24.34961	15	1	9.8	14.5	2	1	2	1
25.15315	13	2	6.9	8.4	2	2	2	2
18.42025	2	1	8.7	12	2	2	2	1
22.4323	18	1	10	14.2	2	2	1	1
25.96953	4	2	10	12	2	1	2	1
15.78878	2	1	10.8	13.7	2	2	2	1
24.19649	15	2	7.2	9.7	2	2	1	2
23.04688	8	1	16.6	20	2	2	1	1
24.12175	5	2	6.9	8.7	2	2	2	1
17.85714	10	2	10.1	17.8	2	1	2	1
31.95763	3	2	8.8	10.5	2	2	2	1
26.66667	3	2	6.7	8.1	2	1	1	1
20.54419	8	1	10.6	11.1	2	2	2	1
24.65303	12	1	7.3	10.2	2	2	2	2
24.14152	2	1	8.7	10.1	2	2	2	1
21.73801	2	2	6.9	9.9	2	1	1	1
21.32513	4	2	6.3	7.3	2	1	1	1
22.82688	11	1	6.6	19.5	2	1	1	1
24.24392	14	1	9.1	13.3	2	2	2	1
24.34961	1	2	6.9	9.7	2	1	2	1
21.33333	8	2	6.7	9.8	2	1	2	1
19.22338	30	2	5.8	10.6	2	2	2	1
21.90758	8	1	7.2	15.2	2	1	1	1
23.49524	6	2	13	18	2	1	2	1
24.53897	3	2	6.9	8.9	2	1	2	1
25.06575	21	1	5	10.3	2	2	2	1
22.86237	5	1	8.4	10.7	2	2	1	1
20.57613	15	1	9.8	12.6	2	1	2	2
22.22222	3	2	9.6	15.1	2	2	2	2
26.83865	1	2	6.9	7.8	2	2	2	1
23.37258	6	2	9.6	15	2	2	1	1
24.34961	20	2	10.6	16.9	2	1	2	1
37.16563	6	2	5	6.9	2	1	2	2
31.11111	4	2	9.6	11.5	2	2	2	1
25.47666	1	1	6.7	9	2	1	2	2
28.617	4	1	8	10	2	1	2	1
17.60477	1	1	6	8.9	2	2	1	1
20.2395	4	2	9	10	2	2	2	1
23.37258	4	2	5.2	6	2	1	1	1
28.125	1	2	6.9	11.6	2	1	2	1
28.44444	12	2	5.2	6.4	2	2	2	1
23.82813	6	1	8.2	11.5	2	1	2	2
26.83865	2	2	6.7	9.8	1	1	2	1
21.45727	4	2	6.3	9.3	2	1	2	1
28.19692	2	2	5.3	11.6	2	1	2	1
22.31328	2	1	11.5	13.5	2	1	2	1
17.62538	2	1	18.4	28.6	2	2	2	1
18.25632	5	2	9.5	10.9	1	1	1	2
20.2848	4	2	6.5	9.5	2	2	2	1

20.57613	5	2	6.7	9.8	2	1	2	1
26.47918	5	2	9.8	12.3	2	1	2	1
32.45568	3	2	8.7	10.3	2	2	2	1
33.62209	22	1	7.8	11.9	2	1	2	2
23.66864	3	1	6.5	9.8	2	2	2	1
21.33333	18	1	5.5	9.8	1	1	2	1
26.89232	5	2	6.8	12.2	2	2	2	2
22.50693	2	2	8.3	10.3	2	2	2	1
27.14158	1	2	7.6	8.7	2	1	1	1
24.14152	7	1	16.9	19.3	2	1	2	1
27.11111	1	2	4.9	9.8	2	1	2	1
22.23099	5	2	5.8	8	2	1	1	1
23.14815	20	2	6.8	9.7	2	2	1	2
33.12131	1	2	8.7	10.6	2	2	1	1
26.67276	1	2	7.1	8.3	2	1	2	1
24.76757	1	2	5.2	6.3	2	2	1	1
26.67276	3	2	5.8	6.8	1	2	1	1
20.28123	1	2	6.3	8.6	2	2	1	1
20.77562	1	2	10.5	21.6	1	1	1	1
21.09619	4	2	6.2	8.5	2	2	1	1
19.05197	2	2	11.5	15	2	1	1	1
29.33333	12	2	5.6	7.9	2	1	2	1
21.09619	5	1	12.2	27.3	1	1	2	1
28.40816	15	2	8.8	14.1	2	2	1	1
33.28402	5	2	10.6	16	2	2	2	1
26.02618	1	2	6.9	9	2	1	2	2
25.34435	2	2	5.2	8.6	2	2	2	2
26.89767	10	2	6.2	9.4	2	2	2	1
21.21914	5	2	6.9	8.3	2	1	1	1
24	5	2	8.8	12.6	2	2	2	2
30.25193	4	2	6.3	9.2	2	1	2	1
23.82813	1	2	6.6	9.7	2	1	2	1
24.88889	1	2	8.4	11.6	2	2	2	2
29.6875	3	2	5.8	7.4	2	1	2	1
31.20256	2	2	6.1	7.3	2	1	1	1
24.88889	2	1	8.5	10.5	2	1	2	2
20.40816	2	2	6.8	10	2	2	2	1
26.52392	3	2	5.8	7	2	2	1	1
23.8054	1	2	7.1	9.8	2	1	1	1
18.90204	17	1	14.8	24.8	2	2	2	1
17.77778	7	2	10.2	14.8	2	1	2	1
21.82107	1	2	12.6	18.6	2	2	2	1
22.22222	2	2	6.9	9.3	2	1	1	1
21.64127	10	2	6.9	9.8	2	1	2	1
23.30905	12	1	8.8	11.6	2	1	2	1
20.26936	6	2	8.3	10.8	2	2	1	1
26.03749	3	2	8.9	11.9	2	1	2	1
16.87886	2	1	9.8	15.5	2	1	2	1
29.27796	1	2	6.2	10.2	2	2	2	1
23.4375	2	2	14	16	2	2	1	1

23.14815	1	2	9	16	2	2	1	1
25.96953	2	2	5.2	7.8	2	1	2	1
19.39619	15	2	5.4	8.4	2	1	2	2
27.70083	1	2	5.2	7.8	2	1	2	1
24.23823	1	1	5.8	9.2	2	2	2	1
24.88889	1	2	6.7	16.2	2	2	2	2
24	3	2	8.7	8.2	2	1	2	1
28.56648	2	2	9.1	8.4	2	1	2	2
35.69304	4	1	7.8	16.1	2	2	2	1
25.31545	1	2	9.2	15.6	2	1	2	1
29.37758	5	2	6.5	9.4	2	1	1	1
23.1911	4	2	6.4	12.3	2	2	1	1
25.77778	1	2	5.6	7.3	2	2	2	1
22.22222	1	1	4.6	7.2	2	2	2	1
17.48179	20	2	5.8	7.9	2	2	2	1
25.43748	2	2	6.4	12.3	2	1	2	1
22.34778	3	2	5.8	9.4	2	2	2	2
24.86395	1	2	15.2	21.1	2	2	1	1
28.72008	18	2	6.8	10.3	2	1	2	1
23.83301	3	2	5.8	9.7	2	2	1	1
25.77778	10	2	5.3	5.5	2	1	2	1
25.5367	2	2	9.8	10.2	2	2	2	1
22.07108	2	2	7	9	2	2	2	2
22.22222	30	2	10	20.6	2	2	1	2
24.55775	12	2	6.9	15.6	2	2	1	1
12.98477	4	2	5.5	9.9	2	2	2	2
22.81293	2	2	5.5	10.4	2	2	2	2
24.83576	12	1	5.5	9.9	2	2	1	1
20.54569	10	2	2.6	4.5	2	2	2	1
27.09925	1	2	5.9	10.5	2	1	2	1
24.83576	2	2	5.5	9.9	2	2	2	1
29.77778	1	2	2.6	4.5	2	2	2	1
25.06575	3	2	5.9	4.3	2	2	2	1
19.90997	10	2	5.5	4.2	2	1	2	1
22.18935	17	2	2.6	18.1	2	2	2	1
23.45656	3	2	5.9	6.1	2	1	2	1
26.74048	5	2	6.6	8.7	2	1	2	1
24.52682	18	2	6.8	12.3	2	1	2	1
24	2	2	6.2	8	2	1	2	2
20.88889	1	2	6.2	9.9	2	2	1	1
27.55556	3	2	15	20	2	1	2	1
15.55556	4	1	5.8	9.2	2	1	2	1
26.66667	20	2	6.2	9.4	2	1	2	1
18.73049	1	1	6.2	9.6	2	2	1	1
19.47715	16	1	16.2	21.6	2	2	2	1
25.63692	2	2	5.8	7.2	2	2	2	1
26.56435	1	2	6.2	8.5	2	1	2	2
22.22222	6	2	7	11	2	2	2	2
25.06575	21	2	7	10	2	2	2	1
22.18364	1	2	6	7	2	2	2	1

20.25463	1	2	6	15	2	2	2	1
24.65303	6	2	6	9	2	2	2	1
21.45727	1	2	6	8	2	2	2	1
22.04917	1	2	9	15	2	2	2	1
27.00617	3	1	6	18	2	2	2	1
19.29012	1	2	12	19	2	2	1	1
31.63265	3	2	7	12	2	2	1	2
25.10388	10	1	7	4	2	2	2	1
18.73049	2	2	6	7	2	1	2	1
27.30519	1	2	9	11	2	2	2	1
22.95918	4	2	6	5	2	2	2	1
24.59491	6	1	5.7	13	2	2	2	1
22.98743	13	2	11.1	21	2	2	2	1
22.07108	16	2	8.5	12	2	2	2	2
21.91381	8	2	8	13	2	2	2	1
37.06136	2	2	7	10	2	2	2	2
26.52392	5	2	6	7	2	2	2	1
36.88889	1	2	6	10	2	2	2	2
29.51594	1	2	5	7	2	2	2	1
24.4646	8	1	9	11	2	2	2	1
20.95717	8	1	3	6	2	2	2	1
21.20845	15	1	10	13	2	1	2	1
22.27531	24	1	7	12	2	2	2	1
16.86625	3	2	15	19	1	2	2	2
21.40309	2	2	6	21	2	2	2	2
33.76039	4	2	7	13	2	2	1	1
29.24211	8	1	7	15	1	2	2	1
24.38653	10	2	9	12	2	2	2	2
22.50693	1	2	12	15	2	2	2	1
20.95717	3	1	7	9	2	2	2	1
24.60938	14	1	7	17	2	2	2	2
23.55556	4	2	10	13	2	2	2	2
22.34778	9	2	4.5	6	2	2	2	2
20.79673	5	2	12	15	1	1	2	1
38.77551	2	2	8	10	2	2	2	2
27.02581	5	1	8.8	9	2	2	2	1
21.91381	5	1	7	23	2	2	2	1
25.55941	5	2	5.8	7.2	2	2	2	1
24.11265	1	2	5.5	8	2	2	2	2
27.39226	2	2	5.4	8	2	1	2	1
30.38194	1	2	5	9	2	2	2	1
26.66667	1	2	6	8	2	1	2	1
20.17264	7	2	11	16	2	2	2	2
23.78121	3	1	9	12.5	2	2	2	2
35.0032	12	2	9	12	2	1	2	2
24.69136	5	1	14	20	2	2	2	2
18.87755	5	2	6.5	7	2	2	2	2
29.96433	1	2	7	7	2	2	2	1
27.77227	6	2	7	9	2	2	2	2
29.96433	7	1	16	26	2	1	2	1

28.76397	1	2	4	6	2	2	2	1
24.73246	1	2	8	12	2	2	2	2
25.39063	2	2	5.1	13	2	2	2	1
25	12	2	6	10	2	1	2	1
20.68515	7	1	13	17	2	2	1	1
20.88889	12	2	3	6	2	1	2	1
23.92569	12	2	9	16	2	2	1	1
23.01118	15	1	8	10	2	1	2	1
22.76944	3	2	6	7	2	2	1	1
24.88889	3	2	12.1	16.2	2	2	2	2
25.56611	5	2	12	16	2	2	2	1
25.29938	10	2	7	10	2	2	2	1
15.78878	2	2	15	25	2	2	2	1
23.37258	2	2	6	6	2	2	2	1
26.50212	12	2	10	10	2	2	2	1
26.43807	1	2	8	10	2	2	2	1
28.84153	2	1	12	17	2	1	2	1
27.11111	1	2	8.4	11.6	2	2	2	1
25.39063	5	2	8	10.8	2	2	2	1
16.88889	1	2	18.3	24	2	2	2	1
16.44444	2	1	4.8	6.6	2	2	2	1
18.97453	1	2	5.6	7	2	2	2	1
24.19649	1.5	2	7	9	2	2	2	1
27.70083	3	2	12	15	2	2	2	1
25.55941	3	2	16	18	2	2	2	1
31.11111	5	2	5	7	2	2	2	1
20.45184	3	2	10	13	2	2	2	1
28.53746	6	2	8	10	2	2	2	2
27.23922	4	1	7	9	2	2	2	1
28.88889	2	2	20	22.6	2	2	2	1
19.3414	9	2	16	18	2	2	2	1
23.11111	3	2	3	7	2	1	2	1
20.77562	17	1	12	15	2	2	2	1
24.9401	2	2	20	24	2	2	2	1
19.5006	10	2	8	11	2	2	2	2
20.66116	4	2	8	10	2	2	2	1
28.30533	4	2	5	7.2	2	2	2	1
27.30344	2	2	3	7.5	2	2	2	1
25.33308	2	2	8	11	2	2	2	1
20.44444	5	2	24	28.52	2	2	2	1
25.33308	8	2	3.1	8.6	2	2	2	1
29.16667	2	2	9	11	2	2	2	2
19.29012	2	2	9	11	2	2	2	1
24.7768	2	2	3.1	4.6	2	2	2	1
40.97222	2	2	10	11	2	2	2	1
26.74048	6	2	3.1	8.5	2	2	2	1
23.87512	6	2	5	6.4	2	2	2	2
24.38653	13	2	15	17	1	2	2	1
18.26151	1	2	9	12	2	2	2	1
40.97222	9	2	10	11	2	2	2	2

23.30887	8	2	8	10	2	1	2	1
21.08281	3	1	10	11	2	2	2	1
21.82107	5	2	9	11	2	2	2	1
18.71804	8	1	4	8	2	2	2	1
16.87886	2	2	10	17	2	2	2	1
23.55556	20	1	11	14	2	2	2	1
24.87772	10	2	12	15	2	2	2	1
20.02884	2	2	5	6.4	2	2	2	1
17.14678	3	2	10	12	2	2	2	2
19.17458	3	2	4	6	2	2	2	1
24.88889	13	1	18	22	2	2	2	1
32.02909	4	1	10	12	2	2	2	1
24.32323	5	1	8	11	2	2	2	1
17.62538	12	1	8	12	2	2	2	1
19.14063	12	1	7	9	2	2	2	1
23.73996	25	2	18	20	2	2	2	1
22.83288	23	1	15	17	2	2	2	1
23.49524	8	2	5	7	2	2	2	1
26.53061	6	2	6	9	2	2	2	2
21.20845	10	1	9.8	14	2	2	2	1
25.78853	9	2	9	11	2	2	2	1
42.80618	1	2	5	7	2	2	2	1
24.97399	1	2	14	15	1	2	2	1
23.1405	2	1	17	21	1	1	2	1
25.91068	5	1	8	11	2	2	2	1
24.33748	1	2	6	7	2	2	2	1
22.10029	15	2	5	7	1	2	2	1
33.16327	13	2	5	8	2	2	2	1
17.26355	3	2	8	10	1	2	2	1
23.82813	5	2	11	15	2	2	2	2
24.55775	2	1	8	10	2	2	2	1
22.22222	12	1	6	9	2	2	2	2
20	1	2	8	12	1	2	1	1
31.25	3	2	7	9	2	2	2	1
14.09846	2	1	11	15	2	2	2	1
27.0538	28	1	17	19	2	2	2	2
23.1405	1	2	12	15	2	2	2	1
21.91381	1	1	4	6	2	2	2	1
23.37258	3	2	6.2	8.3	2	2	2	1
23.14815	5	2	4.2	6.4	2	1	2	1
20.17264	2	2	7.8	9.7	2	2	2	2
24.45606	12	1	6.5	8.2	2	1	2	2
15.75575	5	1	6.7	9.1	2	2	2	1
24.74745	22	1	6.1	12.4	2	2	2	1
25.20479	6	2	10.5	15.3	2	2	1	1
23.73866	2	1	10.8	14.6	2	2	2	1
25.5367	3	2	6.2	8.1	2	2	2	1
24.44444	2	2	6.8	8.1	1	2	2	1
23.8054	1	1	6.2	9.7	2	1	2	1
21.40309	3	2	5.8	9.7	2	2	2	1

25.5367	4	2	10.8	18.7	2	1	1	1
28.99931	5	2	5.3	8.5	1	2	2	1
23.23346	15	2	6.3	7.6	2	2	2	1
25.63692	3	2	18.1	24.1	2	2	2	1
26.22222	14	1	9.8	15.9	2	2	2	1
26.40236	3	2	5.2	6.3	2	2	2	1
29.04866	3	1	8.8	15.5	2	2	2	1
29.09428	8	2	8.2	11	2	2	2	1
19.81405	1	2	6.2	9.9	1	1	2	1
25.07716	3	2	6.2	9.4	2	1	1	1
24.03441	9	2	6.8	10	2	2	2	1
22.77319	1	2	6.2	8.5	2	2	2	1
24.91077	11	2	17	22.7	2	2	2	1
25.63692	4	2	8.9	10.6	2	2	2	1
27.77671	1	2	6.2	8.8	2	2	2	1
20.41523	20	1	6.1	7.8	2	1	1	1
26.7094	6	2	9.8	11.5	2	2	1	1
18.13122	4	1	9.1	12.6	2	2	1	1
21.77844	2	1	17.6	26.4	2	2	1	1
22.86253	25	1	14.2	18.2	1	1	1	1
22.81293	12	1	6.3	9.5	2	1	2	1
23.4375	11	2	9.8	13.7	2	1	1	1
30.7574	15	1	6.1	8.4	2	2	2	1
24.6755	7	2	6.7	11	2	2	1	1
18.09034	5	2	6.2	10	2	2	2	1
26.40236	7	2	5.8	7.7	2	2	1	1
20.3428	3	2	10	12.8	2	2	2	1
32.45472	1	2	5	6	2	2	2	1
28.76397	8	2	12	19	2	2	2	2
25.33333	6	1	8	17	2	2	1	1
28	5	1	8.7	6	2	2	1	2
48.65917	9	2	7	14	2	2	1	1
24.57787	3	2	7	9	1	2	2	1
22.6659	11	2	7	11	2	2	2	1
26.66667	6	2	5	8	2	1	2	1
22.07108	10	2	5	11	2	2	2	1
28.88889	20	1	9	13	2	2	1	1
28.13366	1	2	8.6	7	2	2	2	1
24.11265	1	1	10	5	2	2	2	1
29.86496	4	2	10	5	2	2	2	1
23.61275	2	2	7	10	2	2	2	1
19.69267	12	1	9	14	2	2	2	2
23.78121	4	2	6	8	2	2	1	2
22.5183	20	2	7	10	2	2	2	1
23.73866	8	1	7	10	1	2	1	2
22.60026	17	1	12	14	2	2	2	1
24.7768	10	2	6	24	2	2	2	1
30.70041	1	1	16.2	18.9	2	2	1	1
31.20256	7	2	6.2	9.8	2	2	1	1
48.07256	1	2	8.6	11.9	2	2	2	1

22.81293	1	2	8.9	13.8	2	2	1	1
23.72529	2	1	5.6	7	2	2	2	1
17.77778	12	1	10.8	23.8	2	2	2	1
18.25632	1	2	7.4	10.9	2	1	2	1
17.84336	7	2	11.8	20.2	2	1	2	1
20.61313	3	2	5.2	7.1	2	2	1	1
25.5367	1	1	6.8	10.1	2	2	2	1
26.95313	1	1	8.7	11.5	2	2	2	1
20	6	2	5.2	7.6	2	2	2	1
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2	2	21	2
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2	1	31	3
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2	2	0	0
2	1	31	3
2	2	0	0
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2	2	0	0
2	2	21	2
2	2	0	0
2	2	0	0
2	1	31	3
2	2	0	0
2	1	31	3
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2	1	31	3
2	1	31	3
2	1	31	3
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2	2	0	0

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2	2	0	0
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2	2	0	0
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2	2	0	0
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2	2	1	1
2	1	31	3
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2	1	31	3
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2	2	0	0
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1	2	32	4
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2	2	21	2
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2	1	31	3

1				
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8	2	1	31	3
9	2	2	0	0
10	1	2	32	4
11	2	1	31	3
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18	2	2	0	0
19	2	2	21	2
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25	2	2	21	2
26	2	1	31	3
27	2	2	21	2
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34	2	2	0	0
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37	2	2	0	0
38	2	2	0	0
39	2	2	1	1
40	2	2	21	2
41	2	2	0	0
42	2	2	21	2
43	1	2	32	4
44	2	2	0	0
45	2	2	21	2
46	2	2	21	2
47	2	1	31	3
48	2	2	0	0
49	2	2	0	0
50	2	2	21	2
51	2	1	31	3
52	2	2	21	2
53	2	2	0	0
54	2	2	21	2
55	2	2	0	0
56	2	2	21	2
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58	2	2	21	2
59	2	2	0	0
60	2	2	21	2

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2	2	21	2
2	2	0	0
2	2	0	0
2	2	1	1
2	1	31	3
2	2	0	0
2	2	1	1
2	2	0	0
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2	1	31	3
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2	2	21	2
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2	2	0	0
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2	2	0	0
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2	1	31	3
2	1	31	3
2	2	0	0
2	1	31	3
2	2	0	0
2	2	0	0
2	2	21	2
2	2	0	0
2	2	0	0
2	1	31	3
2	2	1	1
2	2	0	0
2	2	0	0
2	2	0	0
2	2	0	0
2	2	0	0
2	2	0	0
2	2	0	0

2	2	0	0

SEX	1=men	2=women	
AREA	1=urban	2=rural	
Education	1=iliterate	2=primary	3=secondary
Occupation	1-service	2=business	3=housewife
Marrital status	1=married	2=others	
Insulin use	1=user	2=non-user	
Current smoking	1=smoking	2=other form	
Current smokeless tobacco use	1=yes	2=non-user	
Physical activity	1=sufficient	2=insufficient	
Use fitting foot wear	1=yes	2=non-user	
History of trauma	1=yes	2=no	
Regular foot care	1=yes	2=no	
Self foot examination	1=yes	2=no	
Hypertension (HTN)	1=yes	2=no	
Diabetic retinopathy	1=yes	2=no	
Diabetic nephropathy	1=yes	2=no	
Peripheral neuropathy	1=yes	2=no	
Peripheral arterial disease	1=yes	2=no	
Foot deformity	1=yes	2=no	
H/O amputation	1=yes	2=no	
H/O foot ulcer	1=yes	2=no	
IWGDF risk six categories	0=group 1 (0)	1=group 1 (1)	21=group 2A
IWGDF risk five categories	0=group 1 (0)	1=group 1 (1)	2=group 2A+2B

4=higher education
4=others

22=group 2B 31=group 3A 32=group 3B
31=group 3A 32=group 3B

BMJ Open

Risk of diabetic foot ulcer and its associated factors among Bangladeshi subjects: a multi-centric cross-sectional study

Journal:	*BMJ Open*
Manuscript ID	bmjopen-2019-034058.R2
Article Type:	Original research
Date Submitted by the Author:	14-Dec-2019
Complete List of Authors:	Banik, Palash; Bangladesh Institute of Health Sciences, Community Medicine; Bangladesh University of Health Sciences, Noncommunicable Diseases Barua, Lingkan; Bangladesh University of Health Sciences, Noncommunicable Diseases Moniruzzaman, Mohammad; Bangladesh Institute of Health Sciences, Community Medicine Mondal, Rajib; Bangladesh University of Health Sciences, Noncommunicable Diseases Zaman, Farhana; Bangladesh Institute of Health Sciences, Community Medicine Ali, Liaquat; Bangladesh University of Health Sciences, Biochemistry and Cell Biology
Primary Subject Heading:	Diabetes and endocrinology
Secondary Subject Heading:	Diabetes and endocrinology, Epidemiology, Public health, Neurology
Keywords:	Diabetic foot < DIABETES & ENDOCRINOLOGY, DIABETES & ENDOCRINOLOGY, Bangladesh, diabetic foot ulcer risk, International Working Group on the Diabetic Foot, diabetic foot ulcer

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Risk of diabetic foot ulcer and its associated factors among Bangladeshi subjects: a multi-centric cross-sectional study

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Word count (main text): 4518 (excluding title page, abstract, tables, acknowledgements, contributions and references)

Word count (abstract): 274 (excluding keywords)

Abstract

Objective

To assess the risk of diabetic foot ulcer (DFU) and find out its associated factors among type 2 diabetic (T2D) subjects of Bangladesh.

Design, setting and participants

This cross-sectional study recruited 1200 T2D subjects who visited sixteen centres of Health Care Development Project run by Diabetic Association of Bangladesh (DAB).

Primary and secondary outcome measures

Risk of DFU was assessed using a modified version of International Working Group on the Diabetic Foot (IWGDF) Risk Classification System. The modified system was based on five parameters, namely peripheral neuropathy (PN), peripheral arterial diseases (PAD), deformity, ulcer history and amputation. The risks were categorised as Group 0 (no PN, no PAD), Group 1 (PN, no PAD, and no deformity), Group 2A (PN and deformity, no PAD), Group 2B (PAD), Group 3A (ulcer history) and Group 3B (amputation). The associated factors of DFU risk were determined using multinomial logistic regression for each risk category separately.

Results

Overall, 44.5% of the subjects were found 'at risk' of DFU. This risk was higher among men (45.6%) than women and among those who lived in rural areas (45.5%) as compared to the urban population. According to IWGDF categories, the risk was distributed as 55.5%, 4.2%, 11.6%, 0.3%, 20.6% and 7.9% for group 0, group 1, group 2A, group 2B, group 3A and group 3B respectively. The associated factors of DFU (odd ratio >1) were age ≥50 years, rural area, low economic status, insulin use, history of trauma, diabetic retinopathy and diabetic nephropathy.

Conclusion

A significant number of the T2D subjects under study were at risk of DFU, which

demands an effective screening programme to reduce DFU related morbidity and mortality.

Keywords: diabetes; diabetic foot ulcer; diabetic foot ulcer risk; Bangladesh; International Working Group on the Diabetic Foot; associated factors; risk factors

Article summary

Strengths and limitations of this study

- This is the first study in Bangladesh that assesses the risk of DFU using a standard tool
- For the first time, the associated factors of DFU were explored to guide the prevention effort
- Sex- and area-specific difference in the risk of DFU will help to identify the disparities and promote decentralisation of diabetes care for all
- Because of the cross-sectional design, we could not establish any causal relationship between the contributing factors and risk of DFU
- The risk of DFU may be overestimated or underestimated as all centres did not provide the same quality diabetes care

Introduction

In recent years, diabetes mellitus (DM) has become a fast-growing public health problem that affects both developed and developing countries [1]. The International Diabetes Federation (IDF) reports that about 415 million people globally had DM in 2015 and it is projected to affect 642 million by 2040. It was deemed possible that by the year 2040 it might even double the number [2]. Among the clinical classifications of DM, Type 2 diabetes (T2D) is more common and prevalent in certain ethnic groups, with estimates up to six times more common in the people of South Asian descent, three times more common in those of African and African-Caribbean descent and is more common in people of Chinese descent compared with the white population [3].

Like in other developed and developing countries affected by it, it is also highly prevalent in Bangladesh. Evidence suggests that 9.7% of Bangladeshi adult population (>35 years) are diabetic and 22.4% are prediabetic [4]. A trend analysis revealed an increasing prevalence of DM in Bangladesh, from 4% in 1995 to 2000 and 5% in 2001 to 2005 to 9% in 2006 to 2010 respectively [5]. As the prevalence of diabetes increases, the prevalence of long-term diabetes-related complications is also likely to increase. Diabetic foot ulcer (DFU) is a common and major complication of diabetes, representing a major healthcare burden with significant morbidity [6].

Diabetic foot is defined as the presence of infection, ulceration and/or destruction of deep tissues associated with neurologic abnormalities and various degrees of peripheral arterial disease (PAD) in the lower limb in patients with diabetes [7]. It is a significant cause of morbidity and can lead to prolonged hospital stays, which is evidenced by the fact that ~20% of diabetes related hospitalisations are related to DFU [8]. The mortality rate in patients with DFU is also high and is approximately twice that of the patients without ulceration [9]. Other than morbidity and mortality, the toll of economic burden in terms of direct and indirect costs is also high for those having DFU, estimated approximately €11.6 billion per year for Europe in 2017 and €7.6–11 billion among Medicare beneficiaries of the United States from 2007 to 2014 [7].

Another issue related to foot ulcers among diabetic patient is the health-related quality of life that cannot be measured in economic terms. It has been reported that patients with foot ulcers or amputation have low health-related quality of life because of substantial depression and other physical problems like inability to do simple tasks or recreational activities [7].

The major risk factors of DFU are a loss of protective sensation due to diabetic peripheral neuropathy (DPN), peripheral arterial diseases (PAD) and trauma. However, the first two are not independently responsible for DFU; it is the combination neuropathy and PAD with trauma that leads to foot problems. It has been reported that trauma and PAD are major contributors to foot ulceration and diabetic neuropathy is the common denominator in almost 90% of DFU cases. There are some other risk factors namely male gender, previous foot ulceration or amputation, foot deformities, calluses, Charcot arthropathy and high plantar pressures have been associated with an increased risk for foot ulceration. There are some diabetes-related risk factors also that influence the risk of foot ulcers such as the duration of diabetes, poor glycaemic control, diabetic retinopathy or nephropathy, poor compliance with medical instructions and neglectful behaviour. Some societal and behavioural risk factors also show significant association with DFU including low socioeconomic condition, poor access to healthcare services, poor educational status, living alone and smoking [7, 10]. Previous studies have reported that the risk of diabetic foot or amputation is significantly lower among the Asians compared to the Europeans in the United Kingdom [11–12]. This reduced risk is probably due to a low prevalence of DPN and PAD among Asians, but the exact reason is not fully understood. However, a previous study has reported prevalence of DPN among Bangladeshi subjects at 19.7% and found it significantly as well as independently associated with age, mode of treatment, income, duration of diabetes and glycaemic status [13].

It is estimated that the lifetime risk of foot ulcers among diabetic population is 19%–34% [7]. To overcome this burden of DFU, it is recommended that clinicians estimate

the risk of and the response to associated factors that increase the risk [10]. However, studies related to diabetic foot risk assessment and associated factors among Bangladeshi subjects are absolutely lacking. Hence, we were prompted to assess the risk of foot ulcers and sought to determine the factors that influence the risk among T2D patients of Bangladesh.

Methods

Study design

This cross-sectional study was conducted among 1200 T2D subjects who visited several centres of Health Care Development Project (HCDP) run by the Diabetic Association of Bangladesh (DAB). A total of sixteen centres were selected: seven from Dhaka and nine from the northern part of Bangladesh. We purposefully selected the centres and followed convenient sampling technique to collect data from diabetic subjects. Our exclusion criteria included presence of DFU during the interview (active ulcer), acute illness of the subject, unwillingness to participate and mental instability. To meet the eligibility criteria, all subjects were screened for DFU, based on their self-reported statement, their clinical history, foot examination and medical records review.

Data collection and measurement

The data collection comprised of two phases and was conducted from July 2011 to June 2012. In the first phase, a face-to-face interview was conducted using a pre-tested questionnaire adapted from the STEP-wise approach to Surveillance (STEPS) of noncommunicable diseases risk factors of World Health Organization (WHO) [14]. The questionnaire collected sociodemographic and behavioural risk factors (tobacco use, physical inactivity), status of diabetes (duration, medication) and its complications (retinopathy, nephropathy) and foot problem-related information (neuropathy, PAD, trauma, foot hygiene) of the participants. The blood glucose levels (fasting/2-hours post meal) and information about diabetic nephropathy or retinopathy in the participants was extracted from their diabetes records book. The last record within one month was used to assess their glycaemic status. In the second phase, physical

measurements (anthropometric and blood pressure) and foot examination were carried out by trained physicians. The anthropometric and blood pressure measurement followed the methods described in 'Noncommunicable disease risk factors survey Bangladesh 2010' [15]. The anthropometric measurements included height, weight, waist circumference, hip circumference and derivatives like body mass index (BMI) and waist–hip ratio.

Assessment of DFU

The risk of DFU was assessed using a modified version of International Working Group on the Diabetic Foot (IWGDF) Risk Classification System proposed by Lavery *et al.* [16]. We screened each patient to identify lower extremity complications and presence of any risk factors, like ulcerations, amputation, peripheral neuropathy (PN), PAD, foot deformities and limited joint mobility using the methods followed by Lavery *et al.* [16–17]. We used a 10 g Semmes–Weinstein monofilament and vibration perception threshold tester to assess PN, palpation of the pulses and Ankle Brachial Index (ABI) to detect PAD, goniometer to identify foot deformity and clinical examinations to evaluate joint mobility. The risks were categorised according to the modified IWGDF risk classification system: Group 0 (no PN, no PAD), Group 1 (PN, no PAD, no deformity), Group 2A (PN and deformity, no PAD), Group 2B (PAD), Group 3A (ulcer history) and Group 3B (amputation). Here, Group 0 indicated 'no risk' and rest of the groups (1, 2A, 2B, 3A, 3B) classified the study population 'at risk' of in varying degrees

Ascertainment of key variables

Peripheral neuropathy

PN was defined as lack of feeling/protective sensation (at four or more of 10 sites) [18] and vibration perception threshold value in either foot >25 volts using an electromechanical instrument [17].

Peripheral arterial disease

We defined PAD as non-palpable dorsalis pedis or posterior tibial arterial pulse and

ABI in either foot as <0.80 [16].

Limited joint mobility

Limited joint mobility was defined based on three averaged measurements of the first metatarsophalangeal joint, the subtalar joint and ankle joint range of motion of the forefoot, rear foot and ankle. From these measurements, we determined the presence of ankle joint equinus (<0° dorsiflexion), limited subtalar joint motion (<20° total joint motion), and hallux rigidus (<50° hallux dorsiflexion) [18]. It was measured using goniometer and details technique was described elsewhere (see online supplementary file 1)

Foot deformity

Deformity was defined as any contracture that could not be fully corrected manually, such as hallux valgus, hammer toes or claw toes, hallux rigidus and ankle equines [16]. It was measured using goniometer and details technique was described elsewhere (see online supplementary file 1).

Foot ulcer

Foot ulcers were defined as full thickness wounds involving the foot or the ankle [19].

Quality assurance

To ensure standard quality control, a panel of senior researchers and survey investigators visited the data collection sites to monitor the research activities. To prevent bias, monitoring panel was anonymised for the data collectors. All team members including investigators, supervisor and data collectors participated in intensive three consecutive training programmes (lasting two and a half days) in Dhaka before the survey. The first training program was conducted for the physicians (doctors) who were involved in foot examination. This training program focused on 'Detection of Diabetic Foot Problem at the Early Stage' through screening using a standard instrument. A certified neurologist from a reputed post-graduate training institution was appointed as a resource person to conduct the sessions. Second and

third training programmes were conducted for the volunteering data collectors selected from undergraduate physiotherapy students, who interviewed the respondents to fill-up the questionnaire. The purpose of this training was to inform the data collectors about potential difficulties associated with data collection. During this intensive training, data collectors got practical training about self-administration of a questionnaire, physical measurement and maintenances of data collection environment. Other than these, we also followed specific protocols to assure quality of the study that included: (1) pre-testing of the questionnaire and data collection procedure (2) standard method of measurement as per STEPS survey 2010 of Bangladesh (3) used show cards for a better understanding of different forms of tobacco use and intensity of physical activities (4) adequate privacy during physical measurements and clinical examinations (5) robust equipment for physical measurement and clinical examination. None of the quality control observer reported any violation of physical measurement and data collection.

Patient and public involvement

We collected data from the patients who visited the selected diabetes care centres of DAB. However, they were not involved directly in the setting of the research question or outcome measures. They did not have any role in designing or implementing this work or interpretation of the results.

Ethical consideration

The purpose of the study, rights of the respondents and data safety issues were explained to each participant. All subjects gave their informed written consent for inclusion before they participated in the study (see online supplementary file 2). The study was conducted in accordance with the Declaration of Helsinki, and the protocol was approved by the Ethical Review Committee of Bangladesh Diabetic Association (Identification number: BADAS/BIO/EA/11/033) on January 17, 2011 (see online supplementary file 3).

Data processing and analysis

Data (see online supplementary file 4) were analysed using the Statistical Package for Social Science (SPSS) version 20.0 for Windows (SPSS, Inc. Chicago. IL. USA). All estimates of precision were presented at 95% confidence interval (CI) in the tables. Descriptive analysis included mean, standard deviation (SD), median and interquartile range (IQR), frequencies and percentages where appropriate. In this study, the *p*-value (two-sided) was considered statistically significant at the threshold of $p<0.05$. In our study, there were only three respondents with PAD. Hence, we had to merge group 2B with group 2A and make a new group 2-A/B that was used in multinomial logistic regression analysis.

To find the factors that influenced the risk of DFU, first we run chi-square test considering modified IWGDF risk classification as a dependent variable. Variables that showed significant association ($p<0.05$) with the dependent variable in the chi-square test were identified. Then statistically significant variables were examined as independent variable against the dependent variable in the multinomial logistic regression analysis. For multinomial logistic regression analysis, we calculated odds ratios (OR), and 95% CI for each independent variable. In the regression table, predictors that had OR >1 were presented for each risk category. We ensured presence of no multicollinearity using variance inflation factor (VIF) to run the regression analysis. We used the STROBE (Strengthening the Reporting of Observational Studies in Epidemiology) guidelines for reporting the results of cross-sectional observational study (see online supplementary file 5).

Results

Sociodemographic characteristics and diabetes-related information

The mean age of the participants was 51.6 ±11.9 years and most of them (33.1%) were in the 50–59 year age group. More than half of the participants were women (62.9%) and predominantly urban residents (67.3%). Most of them had completed primary level education (36.7%), 99% were married, 57.8% were housewives and 44.5% came from middle-income background. However, urban participants were more literate (88.2%)

and economically stable (60.3% >lower-middle-income range) than their rural counterparts. The mean duration of diabetes was 6.9 ±5.9 years and a majority of them had uncontrolled glycaemic status (89.3%). Among the diabetes-related complications, retinopathy (14.3%) was much higher than nephropathy (5.6%). No mentionable urban-rural difference was observed for the glycaemic status and diabetic nephropathy (Table 1).

Table 1: Sociodemographic and diabetes-related information of the study subjects, *n*=1200

Variables	Urban		Rural		Total	
	***n* (%)**	**95% CI**	***n* (%)**	**95% CI**	***n* (%)**	**95% CI**
Age (years)*	52.3 ±11.9		50.2 ±11.8		51.6 ±11.9	
Age categories (years)						
<30	52 (4)	2.6–5.4	22 (5.6)	3.3–7.9	54 (4.5)	3.3–5.7
30–39	63 (7.8)	5.9–9.7	39 (9.9)	14.6–18	102 (8.5)	6.9–10.1
40–49	212 (26.3)	23.3–29.3	109 (27.7)	23.3–32.1	321 (26.8)	24.3–29.3
50–59	270 (33.5)	30.2–36.8	127 (32.3)	27.7–36.9	397 (33.1)	30.4–35.8
≥60	230 (28.5)	25.4–31.6	96 (24.4)	20.2–28.6	326 (27.2)	24.7–29.7
Sex						
Men	302 (37.4)	34.1–40.7	143 (36.4)	31.6–41.2	445 (37.1)	34.4–39.8
Women	505 (62.6)	59.3–65.9	250 (63.6)	58.8–68.4	755 (62.9)	60.2–65.6
Educational status						
Illiterate	95 (11.8)	9.6–14	107 (27.2)	22.8–31.6	202 (16.8)	14.7–18.9
Primary	288 (35.7)	32.4–39	152 (38.7)	33.9–43.5	440 (36.7)	34–39.4
Secondary	265 (32.8)	29.6–36	98 (24.9)	20.6–29.2	363 (30.3)	27.7–32.9

Higher education	159 (19.7)	17–22.4	36 (9.2)	6.3–12.1	195 (16.3)	14.2–18.4
Marital status						
Married	797 (98.8)	98–99.6	391 (99.5)	98.8–100.2	1188 (99)	98.4–99.6
Others	10 (1.2)	0.4–2	2 (0.5)	-0.2–1.2	12 (1)	0.4–1.6
Occupational status						
Service	184 (22.8)	19.9–25.7	49 (12.5)	9.2–15.8	233 (19.4)	17.2–21.6
Business	89 (11)	8.8–13.2	38 (9.7)	6.8–12.6	127 (10.6)	8.9–12.3
Housewife	462 (57.2)	53.8–60.6	231 (58.8)	53.9–63.7	693 (57.8)	55–60.6
Others	72 (8.9)	6.9–10.9	75 (15.2)	11.7–18.7	147 (12.3)	10.4–14.2
Monthly household income (BDT)†	20000 (10000–40000)		10000 (6000–20000)		20000 (10000–30000)	
Monthly household income groups						
<4907 (low)	21 (2.6)	1.5–3.7	41 (10.4)	7.4–13.4	62 (5.2)	3.9–6.5
4907–19,488 (lower-middle)	299 (37.1)	33.8–40.4	238 (60.6)	55.8–65.4	537 (44.8)	42–47.6
19489–60252 (upper-middle)	422 (52.3)	48.9–55.7	108 (27.5)	23.1–31.9	530 (44.2)	41.4–47
>60,252 (high)	65 (8.1)	6.2–10	6 (1.5)	0.3–2.7	71 (5.9)	4.6–7.2
Duration of diabetes (years)*	7.3 ±6		6.3 ±5.8		6.9 ±5.9	
Glycaemic status§						
Controlled	87 (10.8)	8.7–12.9	42 (10.7)	7.6 -13.8	129 (10.8)	9–12.6
Uncontrolled	720 (89.2)	87.1–91.3	351 (89.3)	86.2–92.4	1071 (89.3)	87.6–91
Diabetic retinopathy	134 (16.6)	14–19.2	38 (9.7)	6.8–12.6	172 (14.3)	12.3–16.3
Diabetic nephropathy	46 (5.7)	4.1–7.3	21 (5.3)	3.1–7.5	67 (5.6)	4.3–6.9

277 *Representing mean and standard deviation,

278 †Presented as median with interquartile range,

‡According to the 2006 per-capita gross national income (GNI) and the World Bank calculation

§Based on plasma glucose level pre-meal (fasting) <6.1 mmol/l and/or two hours post meal <7.8 mmol/l

Risk of DFU among the study population

Table 2 shows the sex and area-specific distribution of the DFU risk according to the modified version of IWGDF classification. Overall, 44.5% of the study population was diagnosed as 'at risk' of DFU and the burden was higher among men (45.6%) and those who lived in rural areas (45.5%). The risk of DFU according to the modified version of IWGDF was 55.5%, 4.2%, 11.6%, 0.3%, 20.6% and 7.9% for group 0, group 1, group 2A, group 2B, group 3A and group 3B respectively. Among the six groups of risk classification, group 3A (ulcer history) showed maximum risk (20.6%) compared to other groups. For sex and area variables, 21.8% of men and one-fourth of the rural residents (25.7%) had a previous history of foot ulceration.

Table 2: Sex and area-specific distribution of DFU risk among the study subjects, *n* = 1200

IWGDF DFU risk classification	Sex		Area of residence		Overall
	Men	Women	Urban	Rural	
	n (%)	*n* (%)	*n* (%)	*n* (%)	*n* (%)
Group 0 (no PN, no PAD)	242 (54.4)	430 (57)	452 (56)	214 (54.5)	666 (55.5)
Group 1 (PN, no PAD, no deformity)	18 (4)	32 (4.2)	32 (4)	18 (4.6)	50 (4.2)
Group 2A (PN and deformity, no PAD)	49 (11)	90 (11.9)	103 (12.8)	36 (9.2)	139 (11.6)
Group 2B (PAD)	1(0.2)	2 (0.3)	3 (0.4)	0	3 (0.3)
Group 3A (ulcer history)	97 (21.8)	150 (19.9)	146 (18.1)	101 (25.7)	247 (20.6)
Group 3B (amputation)	38 (8.5)	57 (7.5)	71 (8.8)	24 (6.1)	95 (7.9)

IWGDF, International Working Group on the Diabetic Foot; DFU, diabetic foot ulcer, PN, peripheral neuropathy; PAD, peripheral arterial disease

Factors associated with the risk of DFU among the study subjects

Table 3 shows the associated factors of DFU risk among the study population. Total six

factors were identified which showed high odds (>1) for different groups at risk: age (group 2-A/B, OR 1.212; group 3B, OR 1.173), area of residence (group 1, OR 1.188; group 3A, OR 1.461), monthly income (group 2-A/B, OR 1.491; group 3A, OR 1.415; group 3B, OR 1.768), medication (group 2-A/B, OR 1.014), history of trauma (group 1, OR 2.015; group 2-A/B, OR 1.032; group 3A, OR 2.998; group 3B, OR 3.104), diabetic retinopathy (group 1, OR 1.104; group 3B, OR, 1.933) and diabetic nephropathy (group 1, OR 2.174; group 3A, OR 1.260; group 3B, OR 2.389).

Overall, the odds for risk of DFU was higher among those who were ≥50 years old, lived in rural areas, had a monthly income ≤19,488 BDT, had a previous history of foot ulcer, were insulin user and had diabetic complications as retinopathy or nephropathy.

Table 3: Associated factors of diabetic foot ulcer among type 2 diabetic subjects of Bangladesh using multinomial logistic regression, *n* = 1200

Risk groups	Predictors	B	*p*-value	OR	95% CI for OR	
					Lower Bound	Upper Bound
Group 1	Area of residence					
	Rural area	0.172	0.573	1.188	0.652	2.165
	Urban area			*Ref.*		
	History of trauma					
	Present	0.7	0.076	2.015	0.929	4.369
	Absent			*Ref.*		
	Diabetic retinopathy					
	Present	0.099	0.814	1.104	0.486	2.508
	Absent			*Ref.*		
	Diabetic nephropathy					
	Present	0.526	0.14	2.174	755	6.099
	Absent			*Ref.*		

Group 2-A/B†	Age						
	≥50 years	0.192	0.324	1.212		0.827	1.774
	<50 years				*Ref.*		
	Monthly income (BDT)						
	≤19,488	0.4	0.039*	1.491		1.020	2.181
	>19,488				*Ref.*		
	Medication						
	Insulin user	0.013	0.945	1.014		0.692	1.485
	Insulin non-user				*Ref.*		
	History of trauma						
	Present	0.032	0.916	1.032		0.570	1.870
	Absent				*Ref.*		
Group 3A	Area of residence						
	Rural area	0.379	0.014*	1.461		1.081	1.975
	Urban area				*Ref.*		
	Monthly income (BDT)						
	≤19,488	0.347	0.031*	1.415		1.032	1.940
	>19,488				*Ref.*		
	History of trauma						
	Present	1.098	<0.001*	2.998		2.044	4.396
	Absent				*Ref.*		
	Diabetic Nephropathy						
	Present	0.231	0.504	1.260		0.640	2.482
	Absent				*Ref.*		
Group 3B	Age						
	≥50 years	0.160	0.494	1.173		0.742	1.854

<50 years				*Ref.*		
Monthly income (BDT)						
≤19,488	0.570	0.016*	1.768		1.114	2.805
>19,488				*Ref.*		
History of trauma						
Present	1.133	<0.001*	3.104		1.810	5.324
Absent				*Ref.*		
Diabetic retinopathy						
Present	0.659	0.018*	1.933		1.122	3.329
Absent				*Ref.*		
Diabetic nephropathy						
Present	0.871	0.024*	2.389		1.123	5.083
Absent				*Ref.*		

OR, odd-ratio; CI, confidence interval; Ref, reference; BDT, Bangladesh taka

*indicates significant

†Group 2B was merged with 2A as the participants were very few in the group 2B

Discussion

The results show that nearly half (45%) of the T2D subjects were at the risk of DFU and rural population was mostly affected. This is significant as there is no straightforward evidence on the risk of DFU among T2D population of Bangladesh. Moreover, the contributing factors are not yet explored in Bangladesh to take an effective initiative to reduce the burden of associated morbidity and mortality.

In our modified DFU risk classification as per IWGDF, the higher burden was observed in those who had a previous history of foot ulcer (20.6%). This proportion is much higher than an Iranian study that reported only 7% of the study subjects to have a previous history of foot ulceration [20]. The percentage of our finding is also higher than Portugal, where a study reported a previous history of DFU among 16% of study subjects using modified IWGDF risk classification [21]. Although it has been estimated

that the annual risk of DFU is approximately 2%, this risk in patients with a previous history of foot ulcer is expected to increase to 17%–60% over the next three years [22].

Several studies have reported the cumulative burden of a previous history of foot ulcer and amputation as a part of their diabetic foot risk assessment. In our study, the cumulative proportion of a previous history of foot ulcer and amputation was 14.3%, which is twice that of studies conducted in India [23,24] and in a half of Portugal [21]. A follow-up study from the USA reported nearly three times higher proportion of foot ulcer or amputation compared to our study [25]. In this regard, a systematic review comprised of 41 documents by Hunt et al. [26] found that a person with a previous history of DFU has a 66% chance of ulcer recurrence and 12% chance of amputation over five years.

We have mentioned earlier that PN is one of the major risk factors for DFU. In our study, 4.2% of the T2D subjects had only PN and 11.6% had PN with deformity, represented as group 1 and group 2A respectively. This finding has much lower percentages compared to similar studies conducted among subjects of India [23,27–28] and Iran [20,28]. However, this burden is still higher than Portugal [21]. Our study classified very low proportion of T2D subjects as having PAD compared to aforementioned studies [20–23,27–29]. A possible reason for the ABI being above 0.80 in the majority of patients is the presence of medial arterial calcification artefactually raising the ankle pressure. Another reason might be due to the cut-off value applied to define PAD. The compared studies used ABI 0.9 or less as the cut-off, which included more participants as PAD compared to current study. The overall burden of 'at risk' (other than group 0) T2D subjects of this study was also lower than the findings from India [27–28] and Portugal [21]. However, the proportion of 'at risk' subjects is more than twice that of aforementioned Indian [23] and Iranian [20] studies. The reasons for the risk difference in different countries are still unclear.

A study by Abott et al. explored this risk difference among different ethnic population including South-Asians, African-Caribbeans and Europeans of the United Kingdom

[11]. They reported that such difference might be due to the methods applied to detect neuropathy, provisions of primary health care services, such as diabetes mini-clinics, podiatric care and referrals for special footwear for the health care districts and a variable quality of health care. Regarding the burden of risk factors of DFU, Abott et al. added that lower level of PN and PAD also contribute to the less percentage of South-Asian population 'at risk' compared to Europeans. Another reason behind this difference is the application of various risk classification system in different countries. We used modified IWGDF risk classification, similar to the studies from Iran [20] and Portugal [21], whereas one of the two Indian [23] studies used semi-structured pre-tested questionnaire and another [27] applied American Diabetic Association (ADA) task force report for comprehensive foot examination risk classification.

Our study reports a sex-specific and area-specific difference in risk of DFU among T2D population of Bangladesh. The overall proportion of DFU risk was higher among men than women. Previous studies [7,20,23,30] have also reported similar findings. However, a community-based study from India reported that DFU risk was high in women [24], which is contradictory to our finding.

Our study shows that the risk of DFU is greater among men with a previous history of ulcer or amputation. This higher risk of foot ulcer history or amputation in men was also supported by a study from Iran, which used IWGDF risk classification system [20]. This men-to-women risk difference might be due to diabetes-related healthy behavioural practice, health-seeking behaviour and self-care. In this regard, a Brazilian study reported that sex is significantly associated with changes of lifestyle behaviour related to control of T2D, foot self-care and prevention of ulceration, and women were found to adhere more to lifestyle changes than men [31]. The same study also reported that men were highly reluctant to check their glycaemic status and lipid profile compared to women [31]. In this case, the fact is that women are more sensitive to health issues and more frequently seek health services than men do [32,33].

For the urban–rural difference, we found that the risk was higher among those who

lived in a rural area. This finding is also supported by other studies [23,28,34]. A possible explanation is that diabetic patients of rural area are not aware of their PN due to illiteracy, especially their lack of knowledge about diabetic foot-related complications. They walk barefoot and this leads to an injury to the foot and subsequent complications [35]. Another explanation could be that people in rural areas often sleep in huts or farmhouses where rodents are common; rodents bite their feet and in case of patients with diabetes, this can lead to chronic ulcers [34].

One of the major objectives of this study was to identify the factors that influenced the risk of DFU among Bangladeshi T2D population. Sociodemographic factors age ≥50 years, living in a rural area and monthly income ≤19,488 BDT showed higher odds for the risk of DFU. In diabetic research, age is widely evaluated as an associated factors of DFU. Some other studies also found age as a significant risk factors [36–38] of DFU. In our study, it was found that age below 50 years was a protective factor and age above this was associated with development of DFU. This has also been supported by the other studies that reported older age was a significant factor [37,38].

Globally, the findings of the association of economic status and area of residence with the risk of DFU are inconsistent. Our results show that lower economic status (monthly income ≤19,488 BDT) and living in a rural area are strongly associated with the risk of DFU. These findings were consistent with the results of other studies conducted in India [24,27] and Sri Lanka [39]. It was postulated that financial status is directly related to burden of risk factors, which leads to complications of chronic diseases. This is because a lack of financial resources interferes with the access to healthcare services, options of treatments and hinders the adoption of preventive measures that are necessary to avoid amputations [31]. Regarding place of residence, significant urban–rural risk difference for DFU was explained by the study of Viswanathan et al. [34] and we mentioned it in this section previously. However, one study has reported no association for the aforementioned factors [40].

Our study found that the odds for risk of DFU were higher among insulin users, having

diabetic-related complications as nephropathy and retinopathy. Previous studies also reported that use of insulin is a contribution factor of diabetic foot [29,41]. However, the exact mechanism behind this has not yet been explored and this finding is thus inconclusive. It might be possible that when patients acquiesce to start insulin, they may already have diabetes for a long time with greater associated complications [29].

Our findings of retinopathy and nephropathy are also supported by other studies [20,38,42,43]. Regarding nephropathy, we found that about 10% of diabetic patients had a history of amputation when they entered a dialysis program [44]. Several factors might be responsible for an increased risk of DFU among nephropathy patients. Coexistence of PN, peripheral vascular diseases, susceptibility to infection, minimal self-care, dialysis therapy and anaemia [45]. On the other hand, one study has reported that the prevalence of diabetic retinopathy is much higher (90%) among patients with DFU than those who had no DFU [42]. Another study [43] used IWGDF risk classification to predict DFU and they found that around 67.58% of patients had diabetic retinopathy and they were included in the risk group 3, which was similar to our study. In this regard, a systematic review and a meta-analysis show that both retinopathy and nephropathy are microvascular complications. The impairment of microcirculation in T2D may lead to secondary complications in lower extremity due to dysfunctional vasodilatation. Moreover, patients of diabetic foot with retinopathy have higher level of diabetic biomarkers like ceruloplasmin. Again, this ceruloplasmin is an independent predictor of progression of diabetic nephropathy in T2D patients. Thus aforementioned explanation implies a link between DFU, and retinopathy and nephropathy [46].

Previous history of trauma was identified as a significant contributing factor of DFU (group 3A, OR 2.998, p <0.001; group 3B, p <0.001) in our study. This finding was similar to other studies that reported a significant association between a previous history of trauma and DFU [47–49]. However, the exact mechanism of a previous trauma leading to DFU is not clear. As such, further research on this issue is required.

Limitations

Our study has some limitations that should be mentioned. First, the participating centres were not representative of the Bangladesh diabetes centres as a whole considering their geographical distribution as some areas were underrepresented or not represented at all. Therefore, the results of our study cannot be extrapolated to the general diabetic population in Bangladesh. Second, in our study some diabetes-related complications were underrepresented, especially for diabetic retinopathy and nephropathy. These co-morbidities were not based on real-time clinical examination of eyes and assessment of kidney functions, rather based on diabetic record books review. As a result, the exact cut-off value used to define both of these co-morbidities were uncertain. In a similar way, glycaemic status was evaluated using the values previously recorded in the diabetic records of the subject instead of using a biochemical measurement during data collection.

Strengths

Our study is important from the public health and clinical perspective. It is the first study in Bangladesh that assessed DFU risk in a moderately large sample of T2D population. Moreover, a multi-centric study recruited participants from world-renowned DAB affiliated diabetes centres. The other strength of this study is sex- and area-specific reporting of DFU risk among the study subjects. This difference will help to address the men–women and urban–rural disparities in diabetes foot care in Bangladesh and in remodelling the chain of diabetes centres where appropriate. The clinicians of Bangladesh should concentrate more on the contributing factors of DFU in the management of diabetic patients as these are associated with morbidity and mortality resulting from DFU.

Conclusion

We found that a significant proportion of T2D population of Bangladesh is at a high risk of DFU. The findings indicate that each diabetic patient must be screened for his or her foot ulcer risk factors according to IWGDF recommendation. In this regard,

diabetic foot screening program can be introduced in the primary health care system of Bangladesh. Based on the findings of this study, we also recommend that specialized diabetic foot care centres should be established in both urban and rural areas to stop the debilitating consequences of DFU.

Funding

This study was funded by the Norwegian Award for Masters Studies (NOMA) through University of Oslo, Norway, awarded to the Bangladesh Institute of Health Sciences, Bangladesh.

Conflicts of Interest

All authors have none to declare.

Data statement

Data are available as a supplementary file. All data relevant to the study are included in the article.

Author statement

Conceptualization, PCB, FZ, MM and LA; Data curation, PCB, FZ and RM; Data analysis, PCB, LB, MM and RM; Interpretation; LB, FZ, MM, RM and LA; Writing – original draft, LB; Writing—review and editing, PCB, LB, MM and LA; All authors read and approved the final manuscript.

Acknowledgments

The authors would like to thank the Head of the Department of Community Medicine, Prof. Dr MSA Mansur Ahmed for his kind cooperation in conducting the study and are grateful to Diabetic Association of Bangladesh (DAB) for allowing data collection from their chain diabetes care centres.

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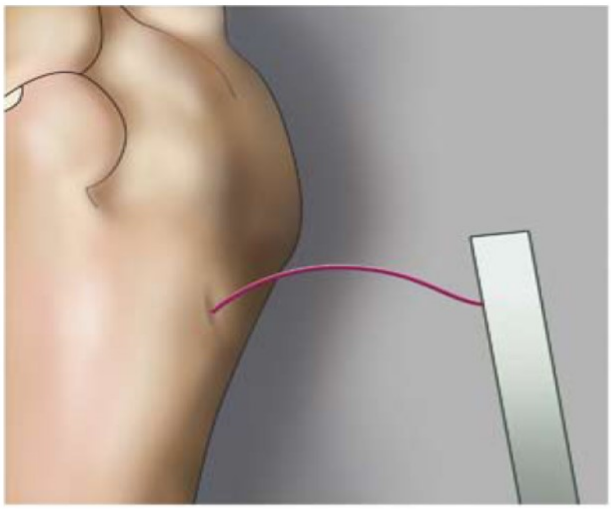
BANGLADESH UNIVERSITY OF HEALTH SCIENCES

Faculty of Public Health

Department of Noncommunicable Diseases (NCD)

TRAINING MODULE ON DETECTION OF DIABETIC FOOT PROBLEM AT THE EARLY STAGE



By

Palash Chandra Banik, Nirmalandu Bikash Bhowmik and Professor Liaquat Ali

March 2017

www.buhs.ac.bd

Collaboration with

Diabetic Association of Bangladesh

Health Care Development Project (HCDP) of BADAS

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Table of Content

Acknowledgement to

1. **Dr. Farhana Zaman,** MBBS, MPH (CM) Sr Lecturer, Department of Community Medicine, Bangladesh Institute of Health Sciences (BIHS).

2. **Md. Moniruzzaman**, Sr Research Fellow, Department of Community Medicine, Bangladesh Institute of Health Sciences (BIHS).

Introduction

Why foot care is important for patients with Type 2 Diabetes?

Foot problems from diabetes represent a significant burden of care for primary care physicians. Most of the adverse outcomes of a diabetic foot are preventable with resources currently available in primary care settings where most patients with diabetes get their care.

The Center for Disease Control estimates that in 2010:

- 1 in 12 adults Americans, and 1 in 4 adult American Indians, has diabetes.
- Approximately 90% of these patients are managed by primary care providers.
- Of the diabetes patients seen, 20% will present with an acute foot problem.
- Over the course of their care, 15% will experience a foot ulcer.
- 5 – 10% will need lower limb amputation.
- 50% of those who get an amputation die within 5 years.

How is this training set up?

This Training can be used in a variety of different ways:

- Read the Essential Elements that offer a detailed explanation.
- Just want the key points? Then browse through the Quick Facts.
- Use these printable notes if you want to be able to write alongside the information offered.

Feel free to use any of these avenues to better enhance your learning needs.

Objectives:

At the end of this training, you will be able to:

1. List four risk factors for diabetic foot complications.
2. Be able to conduct a complete diabetic foot exam.

Screening for High Risk Patients: Overview

Foot ulceration and amputation are preventable with resources currently available in primary care settings where most patients with diabetes get their care. There are several principle risk factors for ulceration and lower extremity amputation (LEA) among patients with diabetes:

- Neuropathy
- Deformity
- Limited joint mobility
- Prior ulcer/ LEA
- PVD
- Onychomycosis

It is also important to assess non-foot related risk factors; some of them are potentially modifiable:

- Male sex
- Duration of diabetes
- Age
- Hyperglycemia
- Hypertension
- Dyslipidemia
- Smoking
- Poor vision
- Other complications such as renal disease

Patients at high risk for foot ulcer and amputation can be identified with simple criteria that involve several testing and inspection measures. Patients with all normal criteria are at low-risk, while those with insensitivity, deformity, absent pulses, or prior foot ulcers or amputations are at high-risk. These simple criteria have been validated in Indian Health Services (IHS) and adopted by most professional and public health organizations including the American Diabetes Association (ADA) and World Health Organization (WHO).

- Sensory testing with a 10 gram monofilament
- Foot inspection for deformity
- Reports of prior ulcer or amputation
- Checking for pedal pulses and taking measurements for an ABI pressure
- Checking joint mobility with goniometer

Screening for High Risk Patients: Sensation

A test using a 10 g monofilament is the recommended method for assessing for neuropathy of the foot. Loss of protective sensation at any site on the foot indicates evidence of neuropathy, increasing the risk of ulceration and other complications.

Equipment: 10 g monofilament
Monofilament is the test used to help identify high risk feet in people with diabetes. The monofilament exam involves using a 10 gram monofilament to test sensation on the tip of the great toe, little figure and 1st, 3rd and 5th metatarsal heads & heel of each foot.

The technique for monofilament testing is as follows:

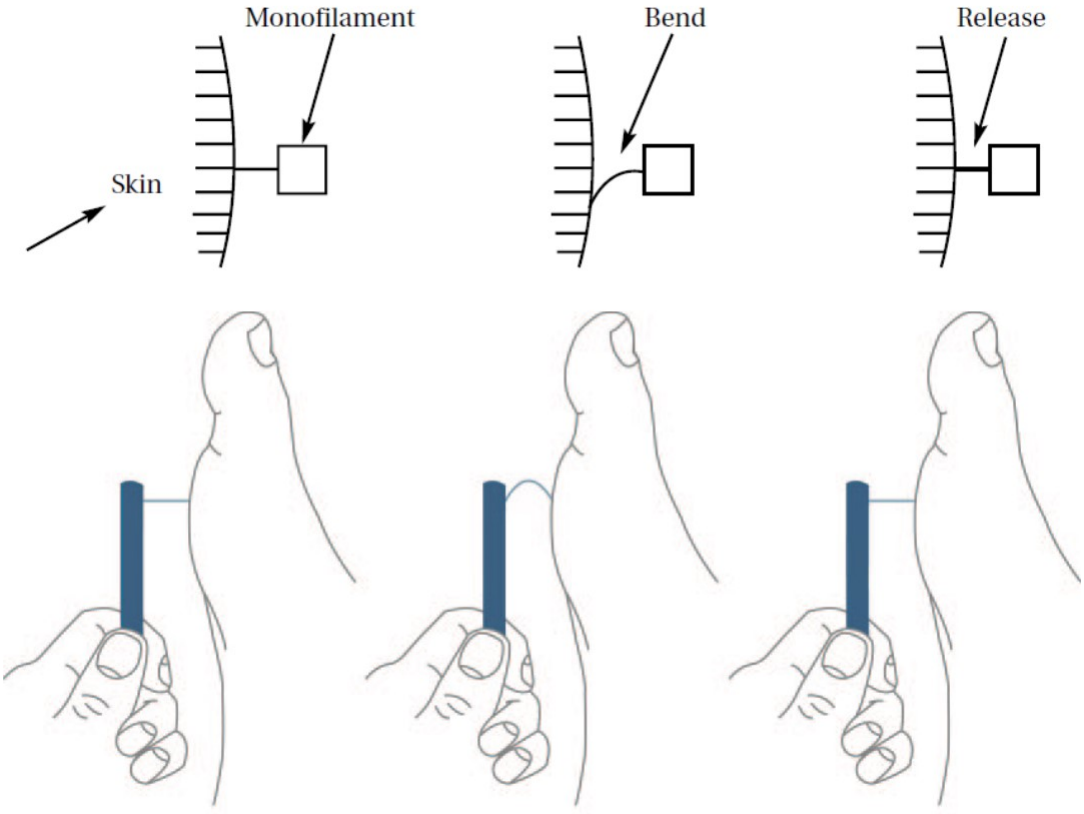
Directions for use of Semmes- Weinstein Monofilament

1. Assess integrity of monofilament (no bends/breaks).

2. Show the monofilament to the patient. Place the end of the monofilament on his/her hand or arm to show that the testing procedure will not hurt.

3. Ask the patient to turn his/her head and close his/her eyes or look at the ceiling.

4. Hold the monofilament perpendicular to the skin.



5. Place the end of the monofilament on the sole of the foot. Ask the patient to say 'yes' when he/she feels you touching his/her foot with the monofilament. DO NOT ASK THE PATIENT "did you feel that?" If the patient does not say "yes" when you touch a given testing site, continue on to another site. When you have completed the sequence RETEST the area(s) where the patient did not feel monofilament.

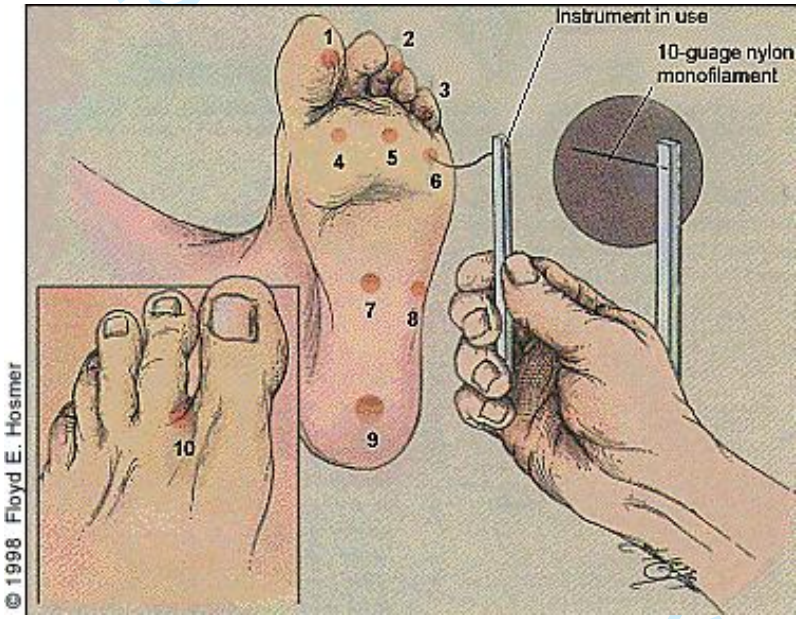
6. Push the monofilament until it bends, then hold for 1-3 seconds.

7. Lift the monofilament from the skin. Do not brush or slide along the skin.

8. Repeat the sequence randomly at each testing site on the foot (see pictures below).

Sites on the sole of the foot for monofilament testing

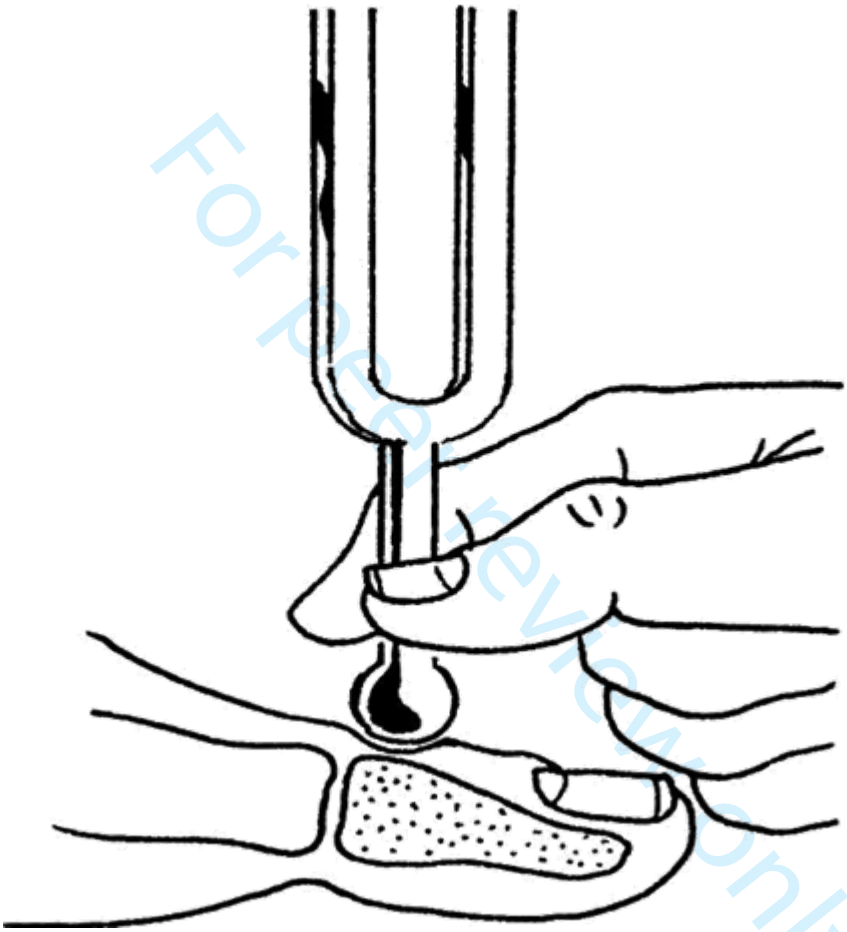
Loss of protective sensation = absent sensation at one or more sites



Using the monofilament, test the sites listed. Do not test over heavy callus.
- *digits: 1st, 3rd, 5th*
- *MTH: 1st, 3rd, 5th*
- *midfoot: Medial, Lateral*
- *heel*
- *top (dorsum) of foot*

N. B.:
Apply only to intact skin. Avoid calluses, ulcerated or scarred areas. DO NOT use a rapid or tapping movement.
■ If the monofilament accidentally slides along the skin, re-test that area later in the testing sequence.

■ Store the monofilament according to the manufacturer's instructions.
■ Clean the monofilament according to agency infection control protocols.
■ The filament should be cleaned after use with an alcohol swab or dilute bleach solution and returned to its case.
■ Do not apply the filament directly on an ulcer, callous, scar or necrotic tissue. Apply the filament on near-by normal tissue.



Tuning fork

• The sensory examination should be carried out in a quiet and relaxed setting. First, apply the tuning fork on the patient's wrists (or elbow or clavicle) so that he/she knows what to expect.
• The patient must not be able to see whether or where the examiner applies the tuning fork. The tuning fork is applied on a bony part on the dorsal side of the distal phalanx of the first toe.
• The tuning fork should be applied perpendicularly with constant pressure.
• Repeat this application twice, but alternate this with at least one 'mock' application in which the tuning fork is not vibrating.

• ***The test is positive if the patient incorrectly answers at least two out of three applications, ('at risk for ulceration') and negative with two out of three correct answers. (A test is positive if it identifies the risk).***
• If the patient is unable to sense the vibrations on the big toe, the test is repeated more proximally (malleolus, tibial tuberosity).
• Encourage the patient during testing by giving a positive feedback.

Screening for High Risk Patients: Foot Deformities

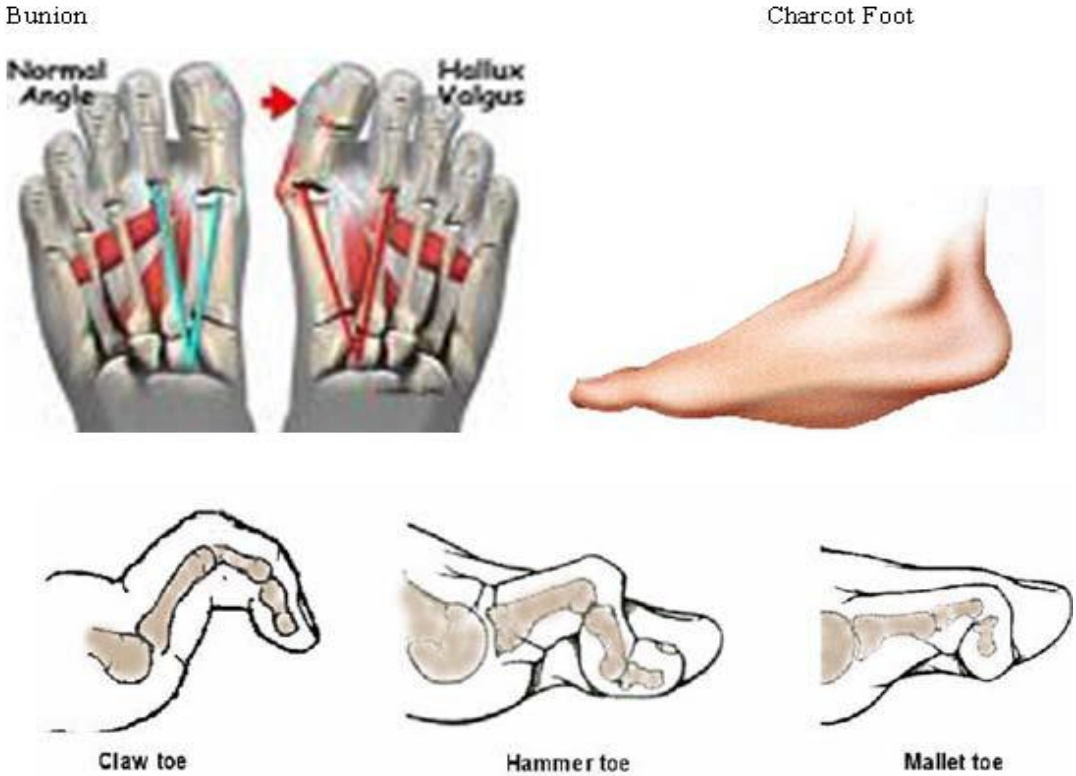
To understand foot deformities, it is important to recognize that foot structure and function is incredibly complex and can easily go awry. Normal foot architecture is maintained through a balance of forces applied by muscles and tendons on bones. Atrophy of a muscle group through nerve damage can lead to deformity. It is important to watch areas that can be open to friction and repetitive micro-trauma as those sites can lead to callus and ulceration.

Types of foot deformities include:

• The **bunion**, or **hallux valgus**, increases the risk for ulceration through a mechanism of increased pressures and friction and repetitive micro-trauma that out paces the healing capacity at the bunion site.

• **Hammer** and **claw toe** deformities develop from atrophy of the small muscles between the toes. Both the dorsal and plantar aspects of the involved toes are at risk for friction and pressure related trauma with subsequent ulceration.

• C**harcot foot** is one of the most severe diabetic foot deformity in which the entire mid-section of the foot collapses and forms a classic "rocker bottom" sole. It is caused by a combination of sensory and autonomic nerve dysfunction in which microscopic fractures to the tarsal bones trigger an inflammatory response and subsequent dissolution of the tarsal and metatarsal bones of the foot. The arch becomes inverted, which causes high plantar pressures, and is at extreme risk for ulceration.



Hammer toe and other toe deformities

Hammer toe – **bent middle joint**

Claw Toe – joint at base of toe is bent up and middle joint is bent down

Halgus Valgus or Small Bunion (Mild/Moderate)
– Joint at the base of big toe is pushed to the side

Hallus Valgus or Large Bunion (Severe)
– Big toe may move under second toe

Pes Planus

Pes Cavus

Charcot Arthropathy

Pes planus produces flattening of the foot. Pes planus feet have increased lateral talometatarsal angle and increased second metatarsal length (Ledoux, Shofer, Ahroni, Smith, Sangeorzan & Boyko, 2003). There are many reasons for this condition, the first of which is heredity. Many have this condition and never have any problems of any kind.

However, others will have this condition created through years in soft, unsupportive shoes on hard surfaces, injury, pregnancy, or other factors. This often leads to other problems.

The arch in the foot is caused by a broad band of fibrous connective tissue, called the longitudinal ligament. A ligament is nothing more than connective tissue that connects bone to bone. The longitudinal ligament connects the metatarsal phalangeal joints to the os calcis or heel bone. Like a string on a bow, they hold the two ends together and create an arch. This arch is a shock absorption structure and it also helps to maintain all the tarsals in proper erect anatomic position. As this arch decreases, impact from the concrete becomes worse.

When the arch ligament stretches or tears, the arch falls. If it falls far enough, the tarsals may begin to shift to the inside or create pronation or a valgus (greater than 90 degree erect) position at the ankle. This can cause problems in the origin area, (the metatarsals) or in the heel. It also may cause pressure on the medial (inner) knee and perhaps the hip and back. It is like pulling the string on a marionette too tight, the result is a kinked mass on one side. The human body is much the same, put too much tension on major muscle groups and the joints kink and yell back.

In pes cavus, the arch is abnormally high on weight bearing. The heel is often tilted inwards at the ankle (but not always). In many, the toes will appear clawed. When not standing the front half of the foot (forefoot) will appear to be dropped below the level of the rear foot. Ledoux et al. (2003) identified biomechanical differences among pes planus and pes cavus feet in persons with diabetes. They found pes cavus feet had more prominent metatarsal heads, bony prominences, hammer/claw toes, increased hallux dorsiflexion and Pes Cavus decreased hallux plantarflexion.

Charcot joint is a form of neuroarthropathy that occurs most often in the foot. **Nerve damage from diabetes causes decreased sensation, muscle and ligamental atrophy and subsequent joint instability**. Walking on this insensitive and weakened joint can cause even more damage to the foot structure. In the acute stage there is inflammation and bone reabsorption which destroys the bone. In later stages, the arch falls and the foot may develop a rocker bottom appearance. Weight distribution of the sole is altered causing deformities leading to pressure points that enhance ulcer development. Signs to assess for are: hot on the onset, pain, discomfort, erythema, swelling, rigid deformities, limited joint mobility, callus formation (ADA, 2001; Bowker & Pfeifer, 2001). One in 680 people with diabetes develop Charcot joint with an incidence of 9-12% individuals with documented diabetic peripheral neuropathy (Royal Melbourne Hospital, 2002). It is important that the Charcot foot is recognized early so that appropriate treatment of the foot

can be provided to prevent further injury and promote a stable foot (Lavery et al., 1998).

Screening for high risk patient: Vascular

There are three non-invasive assessments for detecting peripheral vascular disease:

The palpitation of pedal pulses is most simple and fastest. The dorsalis pedis and posterior tibial are the two main arteries in the foot.

- The dorsalis pedis is on the dorsum or top of the foot.
- The posterior tibial is palpitated behind the medial malleolus, or inside the ankle bone.

Pedal Pulse Assessment:

Locating a pedal pulse is part of the trauma patient assessment and performed before and after lower extremity splint application as well as long backboard immobilization. Locating a pedal pulse can be difficult even in healthy patients. Use these tips to find a patient's pedal pulse:

1) First assess the patient's radial pulse rate and rhythm so you know what you are seeking.

2) Move shoes, socks, tights, and anklets out of the way to expose the patient's skin.

3) Move, if not compromised by injury, the patient's foot towards the normal anatomical position.

4) Check for either the dorsalis pedis pulse (on the top of the foot) or the posterior tibial pulse (located behind the medial malleolus — the ankle bone).

5) For dorsalis pedis, first visualize because you might see the skin pulsating above the artery. If you are unable to see anything, hold two or more fingers lightly against the skin. Move up from the toes towards the leg until you locate the pulse.

6) For posterior tibial — on the medial side of the ankle — use two or more fingers. Sometimes you may need more pressure to find this pulse.

If you are unable to find the pedal pulse on one leg, switch to the patient's other leg. Knowing the location of one pulse might help you find the other.

Once you have found a pedal pulse, consider using a ballpoint or felt pen to make a light mark at the pulse location to make reassessment easier. Finally, if the patient's foot is warm with normal color, it is adequately perfused.

----------**Picture of clinical examination (removed due to ethical issue)** ----------

Ankle Brachial Index (ABI):

• An Ankle Brachial Index (ABI) can be performed with a handheld Doppler and a blood pressure cuff.

To obtain an ABI:

1. First measure brachial pressures in each arm.

• Apply the cuff to the upper arm
• Locate the brachial pulse with the Doppler and mark with a pen
• Inflate the cuff, apply Doppler, deflate the cuff and record the pressure at which flow is heard.

2. Next measure pressure in each ankle.

• Apply cuff to the calf
• Locate the posterior tibial pulse with the Doppler and mark with a pen.
• Inflate the cuff, apply Doppler, deflate the cuff and record the pressure at which the flow is heard.

3. ***To calculate ABI,*** divide the ankle pressure by the greater of the toe brachial pressures. While there is no clear threshold for increased risk, most accept a value of below 0.9 or 0.8 as conferring moderately high risk.

Example: Calculate ankle brachial index by dividing systolic ankle pressure by systolic brachial pressure e.g. ankle pressure is 120 mmHg and brachial pressure is 132 mmHg, ankle brachial index is 120/132 = 0.9

Some data suggests the Toe BI measurement is more accurate than the ABI, but it requires specialized equipment and is not routine in primary care.

Normal	0.9 – 1.2	Risk of vascular foot ulcer is small
Definite vascular disease	0.6 – 0.9	Risk of vascular ulcer moderate, depending on other risk factors
Severe vascular disease	Less than 0.6	Risk of vascular foot ulcer very high

N.B.: Ankle brachial index may not be able to be reliably calculated in some people with diabetes as the arteries in the ankles may be calcified.

Assess peripheral circulation with thorough palpation of **pedal pulses** (dorsalis pedis and posterior tibial). If there are no palpable pulses, and calculate ankle brachial index or consider referral to a vascular specialist. **Absent pulses**, **calf claudication**, **absence of hair on the feet**, **altered temperature** (a cold foot) and **thin**, **bluish skin** are suggestive of **peripheral arterial disease**. A bounding, easily detected pulse in a **warm**, **dry foot** is suggestive of **autonomic neuropathy**, which causes abnormal arterio-venous shunting.

Screening for high risk patient: Foot mobility

Limited Joint Mobility:

Progressive stiffening of collagen-containing tissues leads to thickening of the skin, loss of joint mobility, and potential fixed flexor deformity. Up to 30% of patients with diabetes may have limited joint mobility. Reduction in mobility of the ankle joint may cause increased plantar pressure when walking and be a major risk factor in the pathogenesis of diabetic foot ulcers (Fernando, Masson, Veves & Boulton, 1991; Zimny, Schatz & Pfohl, 2004). Achilles tendon contracture is a common cause of limited joint mobility causing increased pressure on the forefoot during ambulation (Armstrong, Lavery & Bushman, 1998; Mueller, Sinacore, Hastings, Strube & Johnson, 2004).

Starting position:

For all of the measurements, the same starting position is used. Position the participant on the bed / plinth in long sitting, reclined to about 45 degrees. Place a pillow under upper part of the lower legs to flex the knee to 20-30˚ and lifting the heels off the surface of the bed / plinth. Ensure the patient is comfortable during the measurements. If it is not possible for the patient to get into the starting position then the measurements could be taken sitting, as long as the knee remains more than 20 degrees flexed and the heel is not directly resting on a support.

----------Picture of clinical examination (removed due to ethical issue) ----------

Measuring the range of motion

For the purposes of the trial, measure the uninjured ankle (if appropriate) and then the injured ankle.

Ask the patient to move as far as comfortable, not into pain. Measure how far the patient can move the foot / ankle themselves, do not assist the movement.

Ankle dorsiflexion and plantar flexion
Angles are measured from neutral (plantar grade), which is measured as 0˚.

----------Picture of clinical examination (removed due to ethical issue) ----------

Positioning and alignment of the goniometer:

----------Picture of clinical examination (removed due to ethical issue) ----------

Goniometer axis

The axis of the goniometer placed approximately 1.5 cm inferior to the lateral malleolus.

Stationary arm

Parallel to the longitudinal axis of the fibula, lining up with the fibula head.

Moveable arm

Parallel to the longitudinal axis of the 5th metatarsal.

Instructions:

Dorsiflexion: Ask the patient to pull their foot towards them (Normal range is typically 0-20˚)

----------**Picture of clinical examination (removed due to ethical issue)** ----------

Plantar flexion: Ask the patient to point their foot away (normal range is typically 0-50˚)

----------**Picture of clinical examination (removed due to ethical issue)** ----------

Measure and record the angle between the movable and stationary arms in degrees.

Ankle inversion and eversion

Angles are measured from neutral, which is measured as 0˚.
Key bony landmarks that help to orientate the goniometer

Positioning and alignment of the goniometer:

----------**Picture of clinical examination (removed due to ethical issue)** ----------

Goniometer axis
The axis of the goniometer is placed on the front of the ankle at the mid-point between the medial and lateral malleoli.

Stationary arm
Along the tibial crest (prominent line of bone down the front of the shin)

Moveable arm
In line with the 2nd metatarsal (lining up with the base of the second toe)

Consent Form

Annex 1

Dear Participant,

Purposive Selection

You have been purposively selected to be part of this thesis and this is why we would like to interview you. This thesis is being conducted by **Palash Chandra Banik**, a student of M.Phil in Non-communicable Diseases at Bangladesh Institute of Health Sciences (BIHS) under Bangabandhu Sheikh Mujib Medical University (BSMMU). This type of study is currently taking place in several countries around the world.

Title of Thesis

The title of this thesis is **"Risk of foot ulcer and its determinants among Type 2 diabetic subjects".**

Aim of the Thesis

To determine diabetic patients at risk for foot ulceration through a multi-center hospital based study in Bangladesh

Data Collection Methods

Step 1- Interview questions

Step 2- Physical examination & screening test (foot)

Timeframe

It is estimated that step 1 & 2 of this study will take approximately 30-40 minutes.

Confidentiality

The information you provide is totally confidential and will not be disclosed to anyone. It will only be used for research purposes. Your name, address, and other personal information will be removed from the instrument, and only a code will be used to connect your name and your answers without identifying you.

Results

The results of this thesis will be used to help plan strategies in reducing the risk factor that contribute to diabetic foot ulcer among the diabetic patients as well as chronic non-communicable diseases in Bangladesh.

The results will be published in research publications, media briefings and reports and can be made available to you by local health workers.

Voluntary Participation

Your participation is voluntary and you can withdraw from the study after having agreed to participate. You are free to refuse to answer any question that is asked in the questionnaire. If you have any questions about this study you may ask me or contact to the researcher [Palash Chandra Banik, cell: +8801710972498].

Consent to Participate

Signing this consent indicates that you understand what will be expected of you and are willing to participate in this survey.

Read by Participant		Interviewer	
Agreed		Refused	

Signatures

I hereby provide INFORMED CONSENT to take part in Steps 1 and 2 of this Risk Factor Study.

Name of the participant: **Witness:**

Sign or fingerprint **Sign or fingerprint**

BIRDEM Form No.-114

BIRDEM
An Enterprise of the Diabetic Association of Bangladesh

Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders

WHO Collaborating Centre for Prevention and Control of Diabetes

Memo No: BADAS/BIO/EA/11/033
Date: 17.01.2011

To
Palash Chandra Banik
Student, MPhil in Noncommunicable Diseases (NCD)
Department of Community Medicine (CM)
Bangladesh Institute of Health Sciences (BIHS)

Subject: Ethical Clearance

The Ethical Review Committee (ERC) of the Bangladesh Diabetic Association (BADAS) has the pleasure to accord ethical clearance to your Protocol "**Risk of foot ulcer and its determinants among type 2 diabetic subjects in Bangladesh"** subject to the condition that the guidelines must be followed carefully.

- The Ethical Review Committee approves this study from an ethical point of view upon the addressing by the researchers of the concerns as raised by the ERC affiliates.
- Approval is given for three years. Projects, which have not commenced within two years of original approval, must be re-submitted to ERC. You must inform ERC when the research has been completed.
- Any serious adverse events or significant change which occurs in connection with this study and/or which may alter its ethical considerations must be reported immediately to the ERC.
- Approval is given on the understanding that the 'Guidelines for Ethical Review' are adhered to.

(Prof. Tofail Ahmed, PhD)
Chairman
Ethical Review Committee

Ibrahim Memorial Diabetes Centre, 122 Kazi Nazrul Islam Avenue, Dhaka-1000, Bangladesh.
Phone : 8616641-50, 9661551-60, Fax : 880-2-9667812, Cable : BIRDEM

id	Center	Q1_age	Q1a_sex	rec_area	rec_edu	rec_occ	rec_marr
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40000	18.025957	1	2
5000	25.155896	16	2
10000	25.333333	1	2
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40000	32.71862	5	1
10000	22.600263	4	1
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10000	24.034407	1	2
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10000	28.672626	16	1
25000	28.935185	8	1
10000	32.310957	15	2
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20000	24.910767	9	1
5000	21.926126	7	1
40000	37.105751	18	1
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10000	25.876058	15	2
10000	23.191095	17	1
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30000	27.630367	20	1
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4000	29.081633	1	2
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5000	30.131483	10	2
10000	34.244991	8	1
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150000	27.887617	8	2
20000	43.671056	13	1
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40000	28.133657	8	2
10000	24.141519	13	2
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18000	29.591837	10	1
200000	26.037494	15	2
50000	24.913495	22	1
5000	26.122449	12	1
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25000	28.30385	7	2
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75000	26.397977	1	2
10000	24.913495	34	2
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30000	29.03179	9	1
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100000	27.392257	1	2
20000	27.766209	2	1
20000	16.976007	1	2
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10000	22.0741	5	1
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100000	27.586207	18	2
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25000	23.456558	3	2
30000	25.333333	3	2
25000	24.444444	1	2
20000	20.761246	10	1
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15000	24.341758	2.5	2
40000	22.222222	12	2
27000	24.451073	10	2
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8000	38.049941	4	2
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10000	22.89282	1	2
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8000	28.888889	10	1
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6000	19.909972	15	1
10000	24.526818	5	1
8000	24.386526	7	2
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3000	22.222222	12	1
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20000	21.303949	4	2
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10000	43.801653	8	1
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10000	24.767566	2	2
15000	22.862369	13	2
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3000	22.265625	2	1
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15000	22.313278	5	2
10000	20.281233	18	1
3000	21.230572	19	1
30000	20.957171	24	2
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5000	21.338211	30	1
8000	22.37568	3	2
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3000	23.738662	8	1
5000	28.959	4	1
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10000	18.559557	12	1
5000	24.677021	15	1
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10000	19.396188	9	1
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20000	46.237245	12	1
20000	27.407657	3	2
10000	23.805402	4	1
10000	18.08021	7	1
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10000	24.21875	3	2
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10000	18.510806	1	1
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2000	21.325134	4	2
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8000	22.230987	5	2
10000	23.148148	20	2
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4000	21.641274	10	2
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7000	16.878858	2	1
10000	29.27796	1	2

10000	23.4375	2	2
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60000	19.396188	15	2
12000	27.700831	1	2
20000	24.238227	1	1
25000	24.888889	1	2
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10000	35.69304	4	1
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5000	27.555556	3	2
12000	15.555556	4	1
15000	26.666667	20	2
5000	18.730489	1	1
30000	19.477147	16	1
4000	25.636917	2	2
5000	26.564345	1	2
20000	22.222222	6	2
8000	25.065746	21	2

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7	12.7	2	2
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12.7	17.7	2	2
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21.2	24.2	1	2
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10.8	15.4	1	2
11.6	18.2	2	2
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5.9	6.5	2	2
8.9	11	2	1

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Reporting checklist for cross sectional study.

Based on the STROBE cross sectional guidelines.

Instructions to authors

Complete this checklist by entering the page numbers from your manuscript where readers will find each of the items listed below.

Your article may not currently address all the items on the checklist. Please modify your text to include the missing information. If you are certain that an item does not apply, please write "n/a" and provide a short explanation.

Upload your completed checklist as an extra file when you submit to a journal.

In your methods section, say that you used the STROBE cross sectional reporting guidelines, and cite them as:

von Elm E, Altman DG, Egger M, Pocock SJ, Gotzsche PC, Vandenbroucke JP. The Strengthening the Reporting of Observational Studies in Epidemiology (STROBE) Statement: guidelines for reporting observational studies.

		Reporting Item	Page Number
Title and abstract			
Title	#1a	Indicate the study's design with a commonly used term in the title or the abstract	Page-1, Line Number-1
Abstract	#1b	Provide in the abstract an informative and balanced summary of what was done and what was found	Page-2,3, Line Number-25-54
Introduction			
Background / rationale	#2	Explain the scientific background and rationale for the investigation being reported	Page-4-6, Line Number-75-135
Objectives	#3	State specific objectives, including any prespecified hypotheses	Page-6, Line Number-133-135
Methods			

Study design	#4	Present key elements of study design early in the paper	Page-6, Line Number-138
Setting	#5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	Page-6, Line Number-140-143
Eligibility criteria	#6a	Give the eligibility criteria, and the sources and methods of selection of participants.	Page-6, Line Number-144-148
	#7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	Page-6-8, Line Number-147-201
Data sources / measurement	#8	For each variable of interest give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group. Give information separately for for exposed and unexposed groups if applicable.	Page-7, Line Number-179-201
Bias	#9	Describe any efforts to address potential sources of bias	Page-8, Line Number-203-226
Study size	#10	Explain how the study size was arrived at	Page-6, Line Number-139-140
Quantitative variables	#11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen, and why	Page-9, Line Number-239-258
Statistical methods	#12a	Describe all statistical methods, including those used to control for confounding	Page-9 & 10, Line Number-240-260
Statistical methods	#12b	Describe any methods used to examine subgroups and interactions	n/a
Statistical methods	#12c	Explain how missing data were addressed	n/a
Statistical methods	#12d	If applicable, describe analytical methods taking account of sampling strategy	n/a
Statistical methods	#12e	Describe any sensitivity analyses	n/a

Results			
Participants	#13a	Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed. Give information separately for for exposed and unexposed groups if applicable.	n/a
Participants	#13b	Give reasons for non-participation at each stage	Some of the participants were not participate as they had limited time.
Participants	#13c	Consider use of a flow diagram	n/a
Descriptive data	#14a	Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders. Give information separately for exposed and unexposed groups if applicable.	Page-10, Line Number-242-244
Descriptive data	#14b	Indicate number of participants with missing data for each variable of interest	n/a
Outcome data	#15	Report numbers of outcome events or summary measures. Give information separately for exposed and unexposed groups if applicable.	n/a
Main results	#16a	Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	Page-13-16, Line Number- 292-308
Main results	#16b	Report category boundaries when continuous variables were categorized	Page-10-16, Line Number- 259-308
Main results	#16c	If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	n/a

Other analyses	#17	Report other analyses done—e.g., analyses of subgroups and interactions, and sensitivity analyses	n/a
Discussion			
Key results	#18	Summarise key results with reference to study objectives	Page-16-20, Line Number- 311-434
Limitations	#19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias.	Page-20-21, Line Number-436-447
Interpretation	#20	Give a cautious overall interpretation considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence.	Page-16-20, Line Number- 311-434
Generalisability	#21	Discuss the generalisability (external validity) of the study results	Page-20-21, Line Number-436-447
Other Information			
Funding	#22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	Page-22, Line Number-467-470