Dear colleagues,

My dear friends,

This year Balkan Medical Union is celebrating the 80th birthday. For lady of that age she looks very healthy despite of political and economic crisis and other problems which are present in the whole world. This vitality BMU owe to her principles which are incorporated in her motto: PEACE, HEALTH, FRIENDSHIP.

Balkan is very fragile region due to its geographical position. Nobody knows how many armies of conquerors crossed Balkan and how much blood was poured in this region. The evil is universal but goodness is sporadic. The members of BMU are health workers (doctors, dentists, pharmacists, biochemists), people with high human and ethical principles. They are group which heal all wounds and spread goodness and comfort over frontiers. For health workers there are no national, religious and race differences between people. They work for wealth being of the whole humanity. This is why Balkan Medical Union survived all international conflicts and why it has future.

Happy birthday to all members of Balkan Medical Union!

Professor Bojanic Vladmila
Congress chairman

V. Bojanic
080 Heart failure patients have a high frequency of metabolic syndrome
Diaconu C1, Bartos D2, Balaceanu A2, Balahura C3
1 University of Medicine and Pharmacy “Carol Davila”, Clinical Emergency Hospital of Bucharest, Romania
2 University of Medicine and Pharmacy “Carol Davila”, Clinical Emergency Hospital Iași, Romania
3 Clinical Emergency Hospital of Bucharest, Romania

081 The importance of determination brain natriuretic peptide (BNP) and N-terminal pro-brain natriuretic peptide (NT pro-BNP) in patients with acute coronary syndrome
Randelović Krstić V1, Krstić B1, Veresić J2
1 Military Hospital of Niš, Serbia
2 Health Center Novi Beograd, Serbia

082 Retinal vascular occlusive disorders and metabolic syndrome
Čekić S1, Stanković - Babić G2, Jovanović P2, Jakšić V2, Risimić D1, Jovanović I1, Krtinić D1
1 Eye Clinic, Clinic Center Niš, Serbia
2 Faculty of Medicine, University of Niš, Clinic for Eye Diseases, Clinical Center Niš, Serbia
3 Eye Clinic, Clinical Center Zvezdara, Belgrade, Serbia
4 Faculty of Medicine, University of Belgrade, Institute for Eye Diseases, Clinical Center Serbia, Serbia
5 Department for Anatomy, Faculty of Medicine, University of Niš, Serbia
6 Faculty of Medicine, University of Niš, Serbia

083 Prevention of prematurely (pathological) ageing
Vizev K, Vizeva M, Pavlova J, Pisev V, Vodenicharov E
Faculty of Public Health, Medical University Sofia, Bulgaria

084 Fatty infiltration of the liver and biliary lithiasis in metabolic syndrome
Biljana Kostić Inić1, R.Trajković1, S.Milimić2, T.Novaković, Lj.Smiljčić, G.Dželetović1, N.Djokić1
1 Health centar Gracanica
2 Clinical Hospital Center Pristina-Gracanica
3 Department of Public Health, Serbia, Novi Sad

085 An assessment of correlation between asymmetric dimethylarginine and glycated haemoglobin in patients with type 2 diabetes mellitus
Zaciragić A1, Avdagić N1, Huskie J1, Mulabegović N2
1 Department of Physiology, School of Medicine Sarajevo, Bosnia and Herzegovina
2 Institute of Pharmacology, Clinical Pharmacology and Toxicology, School of Medicine Sarajevo, Bosnia and Herzegovina

086 Treatment of diabetic foot in the period from 2009. to 2011. in Kocani
Panova G, Panova B, Panov N
FMN-UGD, Stip, FYR Macedonia

087 Diabetic care and efficacy of health interventions
Vizeva M
Medical College, Medical University, Sofia, Bulgaria

088 Diabetes mellitus and ability for work at height
Vešović D1, Rikić S2
1 US Medical School, Belgrade, Serbia
2 Health Center Smederevo, Serbia
**Treatment of diabetic foot in the period from 2009 to 2011 Kocani**

G.Panova, B.Panova, N.Panov

FMN-UGD-Stip, Macedonia

www.gordana.panova@ugd.edu.mk

**Abstract**

**Introduction:** Diabetic foot is a chronic complication of diabetes and it is an open sore or wound that occurs mostly in the lower leg in 15% of patients with diabetes. Of these, 6% were hospitalized because of infection or other complications associated with diabetic foot. Diabetes is the leading cause of non-traumatic amputations of lower limbs 14% -24% in developed countries. **Objective:** The main objective is to promote the health of patients with diabetes and prevention to avoid Diabetic foot. Here include all measures and methods to be taken for proper education of these patients. Risk factors for developing diabetic foot are: duration of diabetes over 10 years, male gender, chronic bad glucose regulation, the presence of cardiovascular, eye and kidney complications typical of diabetes, smoking, poor education about foot care, inappropriate footwear. **Methods and techniques:** Initial survey includes palpation of the pulse of the legs (a.dorsalis pedis and a.tibialis posterior). Absence of pulsation indicates possible peripheral vascular disease and require further research. Important is the color of the legs and foot temperature skin. Finding /brahijalen index of less than 1 indicates disturbance of the circulation in the legs, the findings of oscilometrija oscilografija and the extremities. Doppler-ultrasonography examination and measurement of toe pressure together with an estimate of the circulation are methods for examining the foot, angiographic examination. **Discussion:** In Macedonia, about 70% of amputations of limbs due to untreated ulcers in diabetic foot. Progressive debridement (removal of dead / infected tissue), or operations to reconnect blood circulation, result: Between 2009 god.ima registered 5298 patients with Diabetes mellitus of which 34 have the appearance of diabetic stupalo of them 24 are treated conservatively and 10 operative treatment in 2010 registered 5428 patients with Diabetes mellitus of which 46 have the appearance of diabetic stupalo of them 34 are treated conservative and 12 operatively treated and 2011 years. 5634 patients with Diabetes mellitus in 30 of which have the appearance of diabetic foot, of which 20 are treated conservative and 10 operative treatment. **Conclusion:** diabetes mellitus is among the leading diseases causing death in 21 century. Of foot ulcer is the main precursor for amputation of a leg because they prevent Diabetic foot with; good checks of diabetes, regular alone are examined and hygiene foot, skill recognition of complications, proper selection of appropriate footwear, implementation of moderate physical activity, avoiding injury and treatment is reduced to limit the skin area of amputation in order for it to expand.

**Key words:** diabetic foot, amputation, limb, diabetes.