



Medipin has been in use in the US now for some years and is essentially a disposable device designed to enhance the testing of pinprick sensation without breaking the skin. Especially important in patients with diabetes - at least 50% go on to develop nerve damage and neuropathic ulcers caused by subtle but crucial changes in the sensitivity of the skin that can lead to amputation attracting a 5 year life expectancy lower than breast and prostate cancer <sup>1</sup>. The diabetic population is now estimated at around 30 million and the burden of neuropathic complication costs the US economy some 13 billion dollars per annum <sup>2</sup>. One would imagine medical insurers would be delighted to see a step-up in diagnostic proficiency and we are keen to promote Medipin, long employed in hospitals in the USA, for home use.

The American Diabetes Association asserts in its' 2017 statement that "early diagnosis is critical" and in this role, pinprick is newly elevated to a key diagnostic test <sup>3</sup>. The traditional testing methods, though still in full force, are just not sufficiently sensitive to detect early sensation loss. The problem is often picked up too late with conventional testing and as long appreciated, adoption of new recommendations can be slow. Most professionals simply don't keep up with the latest developments and will steadfastly adhere to old behaviours. The problem with diabetic neuropathy is that it manifests too gradually for patients to appreciate they are numb at the initial stages. Injury from a minute stone or shard of glass can go unnoticed and develop infection that, progressively, a compromised diabetic foot can't heal.

However, the ADA recommended procedure, a simple pinprick sensation test on the big toe - one that checks the patients' ability to perceive a sharp stimulus <sup>4</sup> - for what is often called "protective sensation", is simple enough to perform at home instead of waiting to have it assessed "at least once a year" at the annual check up. Why wait? Why not test for Loss Of Protective Sensation monthly? Research supports home testing with a monofilament <sup>5</sup> so why not for an even more sensitive device? Test once a month in seconds and for just cents using the Diabetic Toes Test by Medipin. Tried and trusted in the US healthcare industry and utilized in numerous studies as a 'standard' device, Medipin is the disposable precision instrument designed to promote ease of application that specifically optimizes sharpness without piercing delicate skin - ideal for patients with diabetes. It can be a minor but decisive addition to the daily foot care routine that medical professionals strive to instill in their diabetes patients and uptake is often challenging when it comes to prevention. The idea is to anticipate - to offer a quick, simple and highly cost efficient solution which could detect nerve damage soon enough to implement established care options that will avert future complications <sup>6</sup>. The test and full instructions can be seen at [www.diabetictooestest.com](http://www.diabetictooestest.com) or there is an even shorter version (29 seconds) on Facebook at <https://www.facebook.com/diabetictooestest/>. How remarkable then would it be to have patients testing at home to promote early warning detection before the annual check up? **"Why wait?"**



<sup>1</sup> Armstrong DG, et al. Guest Editorial: are diabetes-related wounds and amputations worse than cancer? Int Wound J 2007;4(4):286-7.

<sup>2</sup> Rice et al 2014; Burden of Diabetic Foot Ulcers for Medicare and Private Insurers Diabetes Care;37:651-658 | DOI: 10.2337/dc13-2176

<sup>3</sup> Pop-Busu et al 2017; Diabetic Neuropathy: A Position Statement by the American Diabetes Association ; Diabetes Care 2017; 40:136-154 | DOI: 10.2337/dc16-2042

<sup>4</sup> Boulton et al 2008; Comprehensive Foot Examination and Risk Assessment: A report of the Task Force of the Foot Care Interest Group of the American Diabetes Association, with endorsement by the American Association of Clinical Endocrinologists, Diabetes Care August vol. 31 no. 8 1679- 1685

<sup>5</sup> Bourcier Et Al 2006; Diabetic Peripheral Neuropathy: How Reliable Is A Homemade 1-G Monofilament For Screening? Vol 55, No 6 / June) J of Family Practice

<sup>6</sup> ADA 2018; 10. Microvascular Complications and Foot Care: Standards of Medical Care in Diabetes - 2018 Diabetes Care 2018 - Jan; 41(Supplement 1): S105-S118;