

**EDUCATION OF DM PATIENTS ABOUT EXTREMITY TRAINING
BELOW FOR DIABETIC ULCER PREVENTION THROUGH
BOOKLET MEDIA**

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SUMMARY

Background; *Indonesia is ranked fourth of the top ten countries in the world, cases of type 2 diabetes mellitus, with a prevalence of 8.6% of the total population, are estimated to increase from 8.4 million in 2000 to around 21.3 million in 2030. Epidemiological data and pathology shows that Diabetes Mellitus is a risk factor for cardiovascular disease in men and women. The purpose of making this media is to increase knowledge and provide information to the public about Lower Extremity Exercises for Diabetic Ulcer Prevention.*
Method; *The IEC method used is in the form of a booklet which contains diabetes mellitus, diabetic ulcers, and lower limb exercises.*
Result; *The output of this final project is in the form of a media booklet with the title revention of diabetic ulcers with lower limb exercises.*
Conclusion; *The media booklet "Prevention of Diabetic Ulcers with Lower Extremity Exercises", is expected to provide benefits to the community, especially DM sufferers so that they can obtain information about Lower Extremity Exercises for Diabetic Ulcer Prevention.*

Keywords: *Diabetes, Exercise, Extremity, Booklet*