Flow Chart of the whole study sample (Total 1634 diabetics)

- Total of all diabetics interviewed: 1634 (100%)
  - Total of diabetics who did not report foot disorder: 628/1634 (38.4%)
  - Total of diabetics reported foot disorders: 1006/1634 (61.6%)
    - Total of diabetics who did not use any treatment in dealing with their foot disorders and therefore excluded from subsequent analysis: 353/1006 (35.1%)
    - Total of diabetics who used some sort of treatment in dealing with their foot disorders and were enrolled in final analysis: 653/1006 (64.9%)
Table 1: Characteristics of the interviewed study group (Total 1634)

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>867</td>
<td>53.1</td>
</tr>
<tr>
<td>Female</td>
<td>767</td>
<td>46.9</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;30 years</td>
<td>229</td>
<td>14.0</td>
</tr>
<tr>
<td>30-&lt;60 years</td>
<td>891</td>
<td>54.6</td>
</tr>
<tr>
<td>60+ years</td>
<td>468</td>
<td>28.6</td>
</tr>
<tr>
<td>Missing</td>
<td>46</td>
<td>2.8</td>
</tr>
<tr>
<td><strong>Mean ± SD</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>49.0 ± 17.0 years</td>
<td></td>
</tr>
</tbody>
</table>
Table 2: Frequency of diabetic complications according to the duration and control of diabetes.

<table>
<thead>
<tr>
<th>Complications</th>
<th>Yes</th>
<th>No</th>
<th>X²</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No.</td>
<td>%</td>
<td>No.</td>
<td>%</td>
</tr>
<tr>
<td>Duration of diabetes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;5 years</td>
<td>279</td>
<td>54.2%</td>
<td>236</td>
<td>45.8%</td>
</tr>
<tr>
<td>5-10 years</td>
<td>406</td>
<td>76.5%</td>
<td>125</td>
<td>23.5%</td>
</tr>
<tr>
<td>&gt;10 years</td>
<td>495</td>
<td>86.5%</td>
<td>77</td>
<td>13.5%</td>
</tr>
<tr>
<td>Level of control of diabetes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excellent</td>
<td>110</td>
<td>47.8%</td>
<td>120</td>
<td>52.2%</td>
</tr>
<tr>
<td>Good</td>
<td>584</td>
<td>69.1%</td>
<td>261</td>
<td>30.9%</td>
</tr>
<tr>
<td>Poor</td>
<td>332</td>
<td>92.5%</td>
<td>27</td>
<td>7.5%</td>
</tr>
<tr>
<td>Unable</td>
<td>157</td>
<td>87.7%</td>
<td>22</td>
<td>12.3%</td>
</tr>
</tbody>
</table>
Figure 1: Frequency of complications as indicated by the diabetic patients.
Figure 2: Types of treatment used in dealing with foot disorders as reported by 653 diabetics (64.9% of those reported foot disorders).
Figure 3: Natural preparations used for treating diabetic foot ulcers

- *Lawsonia inermis* (Henna) 12.1%
- Fenugreek (Helba) 12.5%
- *Cactaceae* (Sabr) 21.1%
- *Nigella sativa* (Black seeds) 35.1%
- *Myrrh* (Commifora Molmol) 37.4%
- Honey 56.6%
Figure 4: Top ten combinations of natural preparations used for treating diabetic foot ulcers by the studied cohort of Saudi diabetics
Figure 5: Sources of information about the natural preparations used in treating diabetic foot disorders.