

MAR Foot Health and Chronic Wounds

Chronic wounds affect nearly 7 million Americans and commonly occur on the foot. A foot ulcer is a wound or sore that does not heal.

Know the Risks

Anyone can develop a foot ulcer, but at greatest risk are those with:

- ▶ Diabetic Neuropathy
(loss of feeling in the foot)
- ▶ Absent or diminished pulses
- ▶ Deformity of the foot
- ▶ A history of prior foot ulcers
- ▶ Previous amputation



Common Types of Foot Wounds

Diabetic Foot Ulcer: Caused by diabetes and complications of diabetic neuropathy. Appear most commonly on the big toes, balls of the feet or heels.

Venous Stasis Ulcer: Occur due to damaged veins, which result in pooling blood. Most likely to occur on the ankle or leg area.

Arterial Ulcer: Due to arterial insufficiency, and may occur between, or on the tips of toes or on the outer ankle.

Pressure Ulcer: Caused by lack of movement in the feet or improper shoes. Most commonly observed in the heels or ankle area of the foot.

Prevention

Daily foot inspections are key to prevention. **Check your feet** regularly for red spots, cuts, swelling or blisters.



Proper footwear, a healthy diet and maintaining **healthy glucose levels** can help your feet remain sore-free.

Seek Care

80%
of lower extremity
amputations are preceded
by foot ulcerations



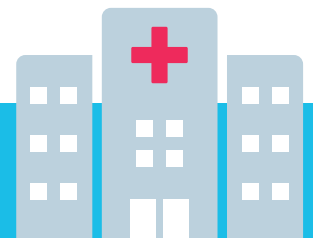
Take off your socks at your next appointment.



Timely detection and treatment of any wound can reduce risk of amputation and improve quality of life.



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