

## Foot News You Can Use

### The Seriousness of a Diabetic Ulcer

A diabetic ulcer can kill! An ulcer is an opening in the skin to the inside of the body. An opening of the skin is vulnerable to germs. If the wrong germs invade an ulcer, a serious infection can ensue. If a serious infection occurs, it can get into the bone. **If a bone infection occurs, an amputation of a toe or more is common.** If the infection spreads to other parts of the foot, or up the leg, this situation can become dire.

A dire situation from an infected ulcer can lead to loss of life.

**Doing everything possible to avoid an opening in the skin is the name of the game.** Keeping your blood sugar low and weight under control are extremely important to having healthy skin. A healthy diet, exercise and drinking a lot of water can help keep your skin healthy.

**People who have had diabetes for several years have been known to have weaker skin on their feet.** Keeping the skin moisturized is also extremely important. Dry skin can crack, causing an opening that bacteria can sneak into. Using a moisturizing cream or lotion on your feet, except for between the toes, can help prevent the skin from getting too dry and ultimately cracking.

**Wearing shoes that don't put pressure on any part of the feet is another important objective.** This is even more important when loss of feeling (Diabetic Neuropathy) has occurred. Ulcers have been the result of ill-fitting shoes.

The moral to this foot story is that the details are important. **Having diabetes doesn't allow for being casual when it comes to your feet.** Even a small skin abrasion needs your immediate attention.

Amputation prevention is a priority of ours and so is preventing even the smallest open sore. Keeping your feet healthy requires you to treat them like your most precious assets. Call us immediately if you develop a wound on your foot.

## **POST IT**

If you hear of someone talking  
about their foot hurting  
let them know we can help them.

We are still taking new patients  
and welcome your referrals.

Thank you for your trust!

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