

# April Foot Health Awareness





*What to know about foot ulcers and treatment*

Ulcers are wounds or sores that do not heal, and are most common on the foot and leg.

Foot ulcerations precede 80% of non-traumatic lower extremity amputations.

The wound may hurt, but those with diabetic nerve damage might be unable to feel pain, heat and cold.

## Common Foot Wounds

Type	Cause	Location	
<b>Diabetic foot ulcer</b>	Diabetes and complications of diabetic neuropathy, or loss of feeling in the feet	Can appear anywhere on the foot, but are most common on the big toes, balls of the feet or heels	
<b>Venous stasis ulcer</b>	Damaged veins which result in pooling blood	Most likely to occur on the ankle or leg area	
<b>Arterial ulcer</b>	Poor blood supply to the affected area due to arterial insufficiency	May occur between, or on the tips of, toes or on the outer ankle	
<b>Pressure ulcer</b>	Lack of movement in the feet, or improper shoes	Most commonly observed in the heels or ankle area of the foot	



**Regular foot inspections are key to prevention.**

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

**Chronic, non-healing wounds need advanced wound care.  
Find a local Wound Care Center®, where healing happens.**



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