

# 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



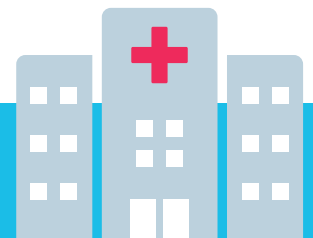
**Take off your socks** at your next appointment.



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



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