

## Foot Ulcers Affect 15 Percent of all Diabetic Patients (Part 2)

### Awareness of Risk Factors Critical for Preventing Foot Ulcers

Early detection of risk factors associated with ulcer formation is essential in the overall management of diabetic patients and can significantly reduce the incidence of ulcers and eventual amputation.

The major risk factors include: sensory neuropathy, vascular disease, susceptibility to infection, structural deformities (such as bunions and hammertoes and Charcot foot), age, duration of the disease, blindness, previous ulcers and the ongoing presence of calluses. Environmental or external risks include living alone, minor foot trauma, frostbite, burns and self removal of calluses and corns.

Prompt and aggressive treatment of foot ulcers can prevent worsening and help accelerate healing. Diligent self care also is a key component for early detection.

It is highly recommend that diabetic patients inspect their feet every day, wear shoes that fit properly and minimize pressure, and maintain their blood glucose levels within the desired range. Regular visits to a foot and ankle specialist for removal of calluses and ingrown toenails provide an opportunity to reinforce self-care behavior and detect new or impending foot problems.

Dr. Moore is fellowship trained in treating and managing diabetic related foot and ankle problems. Cumberland Foot and Ankle is southern Kentucky's leading provider of high quality Diabetic Shoes for qualified patients with Medicare. Call us for questions about our comprehensive diabetic foot program. 1-800-600-6740