

# Healogics®

The power to heal

## DIABETES & AMPUTATION PREVENTION

### FOOT CHECKS SAVE LIMBS AND LIVES

If you live with diabetes, it is essential to check your feet for cuts, scrapes, blisters, red spots and any other signs of a wound. A small, undetected wound can quickly worsen and lead to serious complications, including amputation.

#### Check Your Feet At Home Every Day

- Look at your toenails and between your toes.
- Use a mirror to see your bare feet, heels and ankles.
- Ask a family member or friend to help.
- Never try to trim callus or corns yourself.
- Ask your doctor to examine your feet at every visit.

#### Basic Foot Health Guidelines:

- Don't go barefoot indoors or outdoors.
- Wash your feet daily. Dry between your toes.  
Do not use powder.
- If your feet become dry, moisturize them but do not get moisturizer between your toes.
- Avoid getting your feet too hot or too cold.



5220 Belfort Road, Suite 130  
Jacksonville, FL 32256



Phone: 800.379.9774



[www.healogics.com](http://www.healogics.com)

## WHAT IS A DIABETIC FOOT ULCER?

If you are one of the 34.2 million Americans living with diabetes, you could be at risk for a chronic wound known as a diabetic foot ulcer. High blood sugar makes it hard for wounds to heal by reducing the amount of oxygen-rich blood that reaches wounds, especially on lower legs, feet and toes.

A diabetic foot ulcer is a wound that is usually found on the ball of the foot or the toes. It may start from a cut or scrape or a blister caused by poorly fitting shoes. Additionally, many people living with diabetes also have nerve damage in their lower limbs and do not feel pain when an ulcer begins.

- Up to 25% of people living with diabetes will experience a foot ulcer
- 85% of diabetes-related amputations started with a foot ulcer

## SPECIALIZED WOUND CARE IMPROVES HEALING AND REDUCES AMPUTATION RISKS

Treatment for diabetic foot ulcers may include one or more of the following:

- Debridement
- Negative Pressure Therapy
- Offloading, Total Contact Casting
- Cellular and Tissue-Based Therapies
- Hyperbaric Oxygen Therapy

**WOUND CARE CENTERS CAN IMPROVE HEALING RATES. FIND A WOUND CARE CENTER NEAR YOU AT [WWW.HEALOGICS.COM](http://WWW.HEALOGICS.COM)**