



DIABETIC FOOT ULCER



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A diabetic foot ulcer is an open sore or wound that occurs on the feet of people with diabetes, usually due to poor blood supply and nerve damage.



CAUSES



High blood sugar damages nerves and blood vessels.



Nerve damage reduces pain sensation, injuries go unnoticed.



Poor blood circulation delays wound healing.



RISK FACTORS



Poor blood sugar control



Peripheral neuropathy



Peripheral artery disease



Smoking



Poor foot care



Obesity

SIGNS & SYMPTOMS



Open sore or wound on the foot



Redness, swelling or warmth



Pain or tenderness



Pus or foul smell



Slow healing

— PREVENTION IS BETTER THAN CURE —



Keep blood sugar under control



Inspect your feet daily



Wear comfortable, well-fitting footwear



Keep feet clean and dry



Regular foot check-ups



Avoid walking barefoot



REMEMBER

Early care can prevent amputation. Protect your feet, protect your life.

HEALTHY FEET, HAPPY LIFE

DON'T IGNORE ANY SIGN. SEEK MEDICAL ATTENTION EARLY.



♥ TAKE CARE TODAY FOR A BETTER TOMORROW ♥