

Treatment

- Treatment of ulcer include cleaning and dressing with dead tissue removal by health care provider.
- If there is an infection, antibiotics are usually prescribed.
- Rest and avoid walking on the affected foot.
- Deformities can be fixed with footwear or surgery.
- Ballooning procedure can be used to improve the blood supply to the foot in some cases.
- If the foot is severely damaged, amputation should be taken in consideration to avoid life threatening complications such as sepsis and multi organ failure.

When to seek medical advice

- Persistent pain or numbness or change in color.
- Difficulty in walking.
- Any significant trauma.
- Presence of wound or ulceration.
- Fever.
- Decrease appetite.
- Confusion or alteration of the mental status.

References

<https://www.uptodate.com>
<http://www.emedicinehealth.com/>
<http://www.aafp.org>

Diabetic Foot



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What is diabetic foot?

Any foot problem resulting from diabetes as a complication, such as deformity, infections or ulcers.

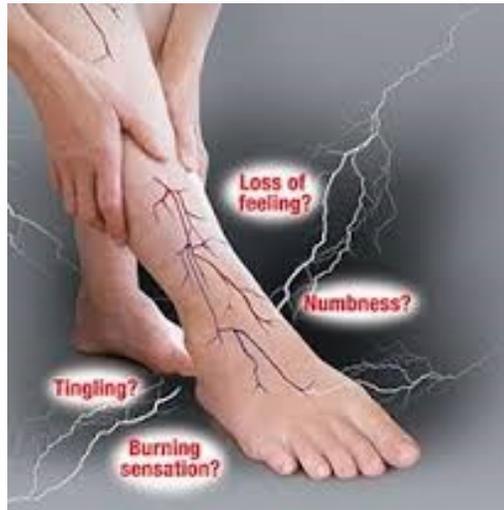
Causes of Diabetic foot

- Uncontrolled blood sugar over time can damage the vessels, nerves and delay healing processes.
- Damaged vessels lead to reduced blood supply to the foot resulting in skin thinning leading to ulceration.
- Bacteria do love sugary media, this leads to infection and prevent healing.
- Nerve damage lead to loss of sensation, any trauma or burn will not be noticed, with repetitive trauma, ulcers and deformity can occur.



Diabetic foot symptoms

- Persistent pain.
- Redness and hotness.
- Swelling of the foot and leg.
- Pain in the legs or buttocks with walking.
- Any break to the skin.
- Drainage of pus or bad smell.
- Difficulty in walking.
- Numbness.



Prevention

- Controlling blood sugar within the normal range.
- Avoid smoking which can reduce the blood supply to the foot.
- Avoid any activity that may harm and injure the foot.
- Clean and wash the foot specially between the toes with little soap and dry it gently.
- Cut the toe nails carefully and cut the sharp edges, avoid cutting the skin.
- Select a cotton socks and avoid tight shoes, the shoes should protect the foot from any trauma.
- Ulcer care with cleaning and dressing regularly.
- Follow up with the doctor regularly to be examined and follow the treatment plan.