

Resources

In your community

- ⇒ Columbia Medical Center
- ⇒ Tyrrell County Health Department

Online

- ⇒ <http://ndep.nih.gov/resources/>

The National Diabetes Education Program offers free fact sheets, articles, television clips, radio segments, and more to help you manage your diabetes.

- ⇒ <http://www.diabetes.org>

The American Diabetes Association offers great information, ways to get involved, and a support hotline.

1-800-342-2383

- ⇒ *ADA camp* for kids to learn they are not alone in living with their disease; challenge themselves in new outdoor skills such as sailing, canoeing; and rock-climbing, and to learn self-management
- ⇒ *Family Link* where families meet several times a year for social events, management strategies, new research, support of a local ADA event, etc.
- ⇒ *Diabetes Expo* where people come together to learn how to thrive with diabetes from community health care providers, others living with diabetes, and corporate vendors and sponsors.
- ⇒ *Step Out* in the ADA walk and help raise support for advocacy efforts.



References

1. Leykum B, Fiorito J, Zhubrak M, Armstrong D. Nutrition and Wound Healing in Diabetics. *Podiatry Management*, Nov/Dec 2011; 30(9):165-169.
2. American Diabetes Association. www.diabetes.org.
3. Hanft J, Surprenant M, Buttita O. Improving Diabetic Wound Care Outcomes: A Practical Guide. *Podiatry Management*, June/July 2012: 117-120.
4. Lawrence LA, Higgins KR et al. Preventing Diabetic Foot Ulcer Recurrence in High-Risk Patients. Use of temperature monitoring as a self-assessment tool. *Diabetes Care*, Jan 2007;30(1):14-20.

Diabetic Foot Ulcers: How to Heal Your Wound



Created by Michelle O'Neill as part of a service-learning trip to Tyrrell County, NC in March 2013 through the University of North Carolina at Chapel Hill Doctorate of Physical Therapy program.

Your Part



Healthy sources of protein

There are many things you can do to prevent a diabetic foot ulcer or help to achieve wound healing. One of the most important things to do is to consume a proper diet. When you have had a wound for a long time, you must eat more nutrients because your body is constantly trying to repair it. This means you need to eat complex carbohydrates, with portion control in mind, from whole grains, starchy vegetables, and fresh fruit. Consuming healthy fats such as those from fish, olive oil, and nuts helps give your body energy. Vitamins A, D, E, and K are also stored and carried by fat. While consumption of healthy fat is necessary, be sure to avoid or limit your intake of unhealthy fats such as lard, butter, whole milk, and sausage. Protein is required in all stages of wound healing. You need extra protein to heal your wound, and you're losing

protein as drainage from the wound. You should aim to consume 2 grams of protein for every 2.2 pounds of body weight if you have a wound; 1 gram if you do not. Great sources include beans, seafood, poultry without the skin, eggs, and lean beef. Consult with your doctor when increasing your protein intake if you have a renal disorder. You should also tell your doctor if you have experienced unintended weight loss, digestive problems, poor appetite, or an inability to consume adequate food or fluid as these issues will affect your nutrition. Regularly monitor and record your blood sugar level to share with your doctor and track your progress.^{1,2}

In addition to the right amount of carbs, proteins, and fats, you also need to drink plenty of water. This means at least 8 glasses a day (8 Ounces=1 glass).

Secondary Complications of Diabetes

25% of Diabetic Foot Ulcers will become infected, 8% will require hospitalization, 4.3% of all diabetics will undergo an amputation, and 20% of all diabetics will die from a direct complication of diabetes.³ Do not become a statistic! Take charge of your health today!



Preventing an Ulcer:

- ◇ See your doctor for regular check-ups every 8 weeks
- ◇ Wear shoes with good padding and fit that are approved by your doctor
- ◇ Wear insoles that protect your foot that are approved by your doctor
- ◇ Never walk barefooted or in sock feet
- ◇ Ask your doctor about getting a dermal thermometer– the at-home use of this tool has helped to prevent ulcers and amputation!
- ◇ A temperature difference of 4°F or more when compared to the same spot on the opposite foot for two days in a row means call your doctor to prevent an ulcer!⁴

Performing Regular Foot Checks

- ◇ Should be performed twice a day
- ◇ Use a mirror to see the bottom of the foot
- ◇ Look for redness, discoloration, and swelling
- ◇ Feel for warmth
- ◇ Keep a logbook of all findings, draw a picture if you find anything suspicious
- ◇ Contact your doctor if you find any abnormalities⁴