

DO  
YOU  
KNOW

# WHAT CAUSES A DIABETIC FOOT ULCER (DFU) TO FORM?

*As of 2018, the CDC  
estimates that there are*

OVER  
**34 MILLION**

*people of all ages, more than 10% of  
the population, with diabetes in the US.<sup>3</sup>*

**This number is expected to increase  
more than 50% by 2030.<sup>4</sup>**



## SPOTLIGHT: Diabetic Foot Ulcer

### RISK FACTORS<sup>1</sup>



Peripheral Artery  
Disease



Neuropathy



Poor glycemic  
control



Smoking



Previous Foot  
Ulcerations/  
Amputations



Diabetic  
Nephropathy

DFUs are major complications of diabetes and habitually high volumes of blood glucose, a condition known as hyperglycemia. DFUs can result in serious disability, reduced quality of life, and even amputations.<sup>2</sup>

*In 2015, as many as 15%  
of diabetic patients had DFUs,  
and DFUs preceded nearly  
84% of lower limb amputations  
secondary to diabetes.<sup>2</sup>*

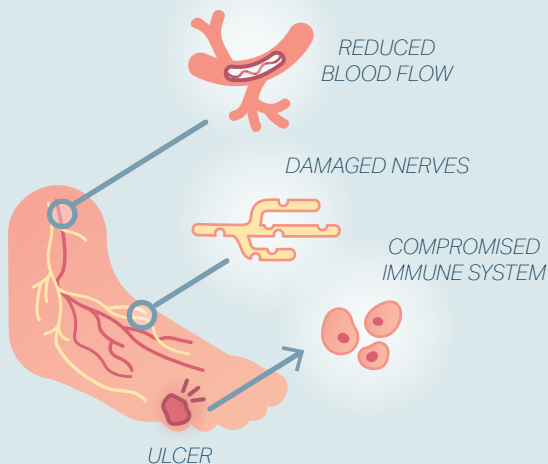
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**Disclaimer:** This information is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please contact your physician or other qualified health care providers with any questions you may have regarding a medical condition.

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## HOW TO IDENTIFY A DIABETIC FOOT ULCER (DFU)?

The pathophysiology of the DFU involves **neuropathic, vascular, and immune system components affected by hyperglycemia.**<sup>1,2</sup>



**Patients should talk to their doctor if they experience any of the following:**

Tingling, burning or pain in the feet; loss of ability to feel heat or cold very well; a change in the shape of the feet; hair loss on the toes, feet and lower legs; dry, cracked skin on the feet; Color or temperature changes in the feet; a blister, ulcer, infected corn or ingrown toenail.<sup>3</sup>



## SPOTLIGHT: Diabetic Foot Ulcer

### STAGES OF DFUs<sup>4,5</sup>

#### STAGE 0

- Normal foot



#### STAGE 1

- Foot with superficial ulcer



#### STAGE 2

- Deep ulcer



#### STAGE 3

- Abscess/  
infected ulcer



#### STAGE 4

- Partial necrotic  
foot



#### STAGE 5

- Whole foot is  
necrotic



1. Aurmiller, W. D., & Dollahite, H. A. (2015). Pathogenesis and management of diabetic foot ulcers. JAAPA : official journal of the American Academy of Physician Assistants, 28(5), 28-34. <https://doi.org/10.1097/01.JAA.0000464276.44117.b1>. 2. Del Core, M. A., Ahn, J., Lewis III, R. B., Paspovic, K. M., Lalli, T. A. J., Wukich, D. K. (2018). The Evaluation and Treatment of Diabetic Foot Ulcers and Diabetic Foot Infections. Foot & Ankle Orthopaedics, 3(3), 1-11. <https://doi.org/10.1177/2473011418788864>. 3. Centers for Disease Control and Prevention. Diabetes and Your Feet. (2021, May 7). <https://www.cdc.gov/diabetes/library/features/healthy-feet.html>. Accessed 2021, October 7. 4. Edmonds M. (2006). Diabetic foot ulcers: practical treatment recommendations. Drugs, 66(7), 913-929. <https://doi.org/10.2165/00003495-200666070-00003>. 5. Sadrivala Q.S., Gedam B.S., Akhtar M.A. (2018). Risk factors of amputation in diabetic foot infections. International Surgery Journal, 5(4), 1399-2402. <http://dx.doi.org/10.18203/2349-2902.isj20181118>. EDU22-003 Rev 01

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YOU  
DON'T  
NEED TO

# HEAL A CHRONIC WOUND ALONE

The International Working Group on the Diabetic Foot recommends a multidisciplinary team of specialists that include the following:<sup>1</sup>



## SPOTLIGHT: Diabetic Foot Ulcer

### TIPS FOR HEALTHY FEET<sup>3</sup>



Check and wash feet



Trim toe nails straight



Get feet checked at every healthcare visit



Choose feet-friendly activities (walking, riding a bike, or swimming)



Don't remove corns or calluses yourself



Wear shoes that fit well

Patients should be educated on foot care, appropriate footwear recommendations to reduce pressure points, and proper wound dressing changing techniques.<sup>2,3</sup>

1. Del Core, M. A., Ahn, J., Lewis III, R. B., Paspovic, K. M., Lalli, T. A. J., Wukich, D. K. (2018). The Evaluation and Treatment of Diabetic Foot Ulcers and Diabetic Foot Infections. *Foot & Ankle Orthopaedics*, 3(3), 1-11. <https://doi.org/10.1177/2473011418788864>. 2. Aumiller, W. D., & Dollahite, H. A. (2015). Pathogenesis and management of diabetic foot ulcers. *JAAPA : official journal of the American Academy of Physician Assistants*, 28(5), 28-34. <https://doi.org/10.1097/01-JAA.0000464276.44117.b1>. 3. Centers for Disease Control and Prevention. *Diabetes and Your Feet*. (2021, May 7). <https://www.cdc.gov/diabetes/library/features/healthy-feet.html>. Accessed 2021, October 7. amputation in diabetic foot infections. *International Surgery Journal*, 5(4), 1399-2402. <http://dx.doi.org/10.18203/2349-2902.isj20181118>. EDU22-004 Rev 01

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