

Foot Ulcers



Up to 10% of people with diabetes develop a foot ulcer at some point

Closely linked with **diabetes neuropathy**, **diabetic nerve pain** and diabetes foot care, diabetic foot ulcers affect many people with diabetes.

Experts suggest that around 10 per cent of people with diabetes develop a foot ulcer at some point.

Foot ulcers can affect people with both **type 1** and **type 2 diabetes**.

Diabetes influences foot ulcers in a number of ways, and it is important for people with diabetes to understand the potentially severe consequences of leaving a foot ulcer untreated.

What is a diabetic foot ulcer?

Foot ulcers can occur in anyone, and refer to a patch of broken down skin usually on the lower leg or feet. When **blood sugar levels** are high or fluctuate regularly skin that would normally heal may not properly repair itself because of nerve damage.

Even a mild injury can therefore start a foot ulcer.

Why are people with diabetes more likely to get foot ulcers?

People with diabetes may have reduced nerve functioning due to **peripheral diabetic neuropathy**.

This means that nerve that usually carry pain sensation to the brain from the feet do not function as well.

Treading on something, wearing tight shoes, cuts, blisters and bruises can all develop into diabetes foot ulcers.

Narrowed arteries can also reduce blood flow to the feet amongst some people with diabetes.

What makes a diabetes foot ulcer more likely?

Diagnosed or undiagnosed peripheral neuropathy increases the likelihood of foot ulcers

Source: <http://www.diabetes.co.uk/diabetes-complications/diabetic-foot-ulcers.html>