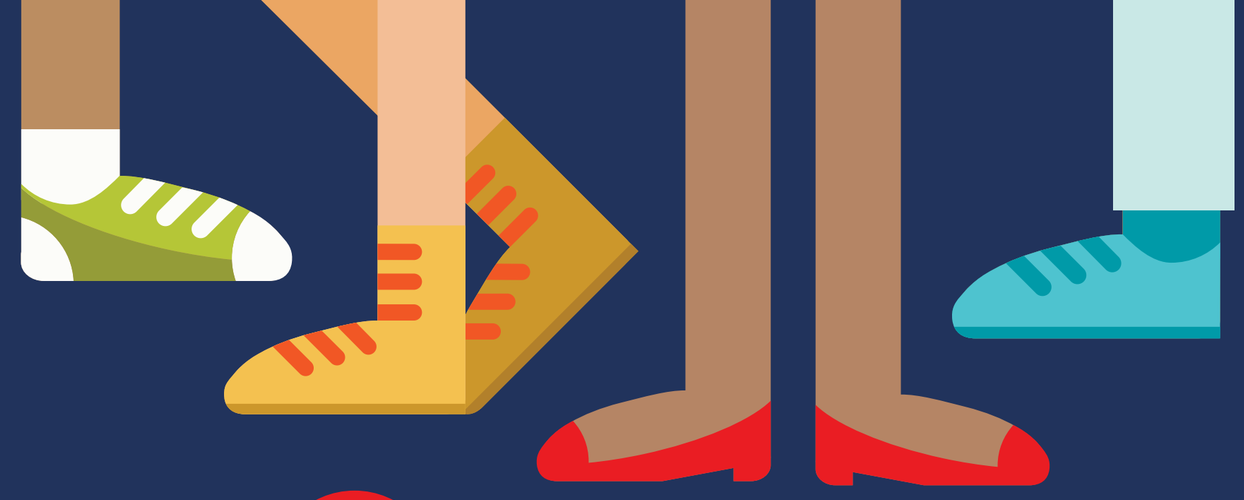
DIABETES:

A PATH TO POOR CIRCULATION?



Vascular disease is the buildup of plaque and cholesterol in your arteries throughout your body.

Did you know that podiatrists are often the first medical professionals to spot signs of vascular disease? They also partner with vascular surgeons to ensure early detection, early intervention and a lower risk of major amputation.

That's why it's so important to not only include a podiatrist on your diabetes management team, but also to learn the signs of both venous and arterial ulcers.

Here is what to look for on your next daily foot exam:

Common Signs of a Venous Ulcer:

- Shallow or superficial appearance
- Irregular shape
- Small to large
- Brownish in appearance
- Skin tends to be thick
- Painful, usually related to edema, or swelling

You'll Most Likely Find a Venous Ulcer:

- On the lower leg and ankle

Common Signs of an Arterial Ulcer:

- Punched-out appearance
- Smooth wound edges
- Cool to the touch
- Skin is pale, shiny, taut, and thin
- Minimal to no hair growth on the limbs
- Painful, especially at night

You'll Most Likely Find an Arterial Ulcer:

- On the side of the foot, but one can occur anywhere on the lower leg or foot

Completing a daily foot exam is crucial to reducing your risk of developing an ulcer. If you spot any signs of an ulcer, make an appointment with a podiatrist right away. Visit **www.nyspma.org** to find a podiatrist near you.

APMA American Podiatric Medical Association

SVS Society for Vascular Surgery

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