

WHAT IS A WOUND HEALING CENTER?

As a comprehensive wound healing center, we treat all wounds, but specialize in those that have become chronic and difficult to heal.

Our approach to wound care is aggressive and comprehensive, coordinating traditional and advanced therapies that aid and accelerate the healing process.

Our center is staffed by multidisciplinary team with advanced training in wound care and hyperbaric medicine.

We treat all chronic wounds associated with, but not limited to:

- ▶ Diabetic Foot Ulcers
- ▶ Venous Ulcers
- ▶ Pressure Ulcers
- ▶ Surgical Wounds
- ▶ Traumatic Wounds
- ▶ Arterial Ulcers
- ▶ Radiation Wounds
- ▶ Compromised Skin Grafts and Flaps
- ▶ Crush Injuries

Every year, chronic wounds and other conditions keep millions of Americans like you from enjoying their best quality of life.



For more information
please call:

815.599.7410

What is Neuropathy?

A loss of feeling or numbness in limbs caused by nerve damage that most commonly begins in the hands or feet.

Peripheral Neuropathy

is a major contributor to 90% of all foot ulcers.

Many think of diabetes only as a blood sugar problem, but diabetes can also cause nerve damage that takes away feeling in your feet.

Symptoms

- Gradual onset of numbness and tingling
- Burning or electric-like pain
- Extreme sensitivity to touch
- Sensation that feels like wearing gloves or socks

Have Regular Checkups

Foot problems develop quickly, so it is important to see your healthcare provider annually. Regular checkups are vital to help track blood flow and feeling in feet.

Get Regular Exercise

It improves blood flow while increasing foot flexibility and strength. Gentle exercise like walking or riding a stationary bicycle is best.

Recommendation:

- Referral to Wound Center
- Contact your Physician or Podiatrist

Even a small cut can possibly lead to an amputation if it remains undetected. Follow these guidelines to keep your feet in good health.

Diabetic Foot Care

Inspect Your Feet Daily

Use a mirror to see the bottom of your feet or ask someone for help. Sores, cuts, and injuries do not heal as well for diabetics and may need care. Call your doctor if you notice any of the following:

- Hot spots, red streaks, swelling, cracks, sores, injuries or foreign objects in your foot.
- Sensations such as burning, tingling or the feeling of pins and needles.
- Toenail problems, including nails growing into the skin, nail thickening, yellowing or discoloration.

If you have any questions or would like to schedule [an appointment](#):

Wash Your Feet Daily

- Wash your feet in lukewarm water and mild soap.
- Use a soft towel to gently dry your feet, especially between the toes.
- Apply a moisturizing lotion, but do not apply between toes.

Wear Proper Footwear

- Never walk barefoot.
- Do not wear tight or uncomfortable shoes.