

THE CARLE WOUND HEALING AND LIMB PRESERVATION CENTER

is an outpatient program dedicated to healing patients with difficult-to-heal wounds. Such wounds are often the result of diabetes, circulatory problems, chronic infections or previous accidents.

A highly-skilled and specially-trained team of doctors, nurses and technicians staff the Carle Wound Healing and Limb Preservation Center. This team has advanced training and experience in healing difficult wounds.

The goals of the Center include the following:

- Healing your wound and keeping it healed
- Increasing your comfort and mobility
- Preventing infection
- Preventing amputation
- Helping you get your life back



Dr. Sanjiv Jain, medical director of the Wound Healing Center

Dr. Allan E. File, medical director of Hyperbaric Oxygen

CARLE WOUND HEALING AND LIMB PRESERVATION CENTER

611 West Park Street
Urbana, IL 61801

2300 North Vermilion Street
Danville, IL 61832

Schedule an appointment today
by calling (217) 326-HEAL (4325).

Or visit us online at
www.carlewoundhealing.com



Carle Foundation Hospital

In collaboration with Comprehensive
Healthcare Solutions, Inc.

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ARTERIAL ULCER

Patient Guide



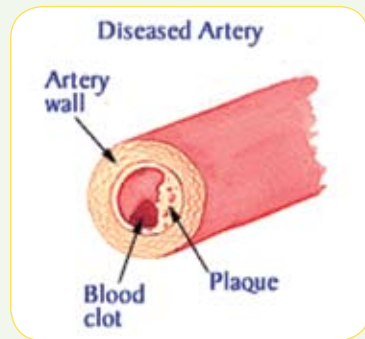
Carle Foundation Hospital
Wound Healing and Limb Preservation Center

WHAT IS AN ARTERIAL ULCER?

Arterial ulcers are wounds that develop as a result of decreased circulation. They usually occur on the tips of or in between toes, on the heels or on the outer ankle region; however, they may also present on other parts of the body.

WHAT CAUSES AN ARTERIAL ULCER?

The narrowing of the arteries due to arteriosclerosis or small blood clots prevent adequate blood flow and oxygenation to the tissue in your feet and lower legs. Without oxygen, the tissue dies and becomes black in color. The area of dead tissue eventually opens and creates a wound.



HOW DO I KNOW IF I HAVE AN ARTERIAL ULCER?

An arterial ulcer may have the following signs or symptoms:

- Black, yellow or gray in color

- Edges that look as if they were punched out
- No bleeding
- Pain at night or when at rest
- Pain relieved by dangling feet
- Pale when elevated, red when dangling
- Cool to touch
- Peripheral pulse diminished or absent
- Poor capillary refill

Other signs or symptoms:

- Shiny, taut, hairless skin
- Dry skin
- Thick, coarse toenails

HOW IS AN ARTERIAL ULCER TREATED?

Carle's Wound Healing Center team will perform diagnostic tests to determine the exact location of the narrowed artery that is causing the problem. They will remove the dead tissue and use dressings to keep the wound bed moist, healthy and free of infection. Certain medications that help manage symptoms and thin blood may be prescribed. You also may be a candidate for revascularization surgery to restore circulation to the affected area. It is important to eat a well balanced, healthy diet with plenty of protein to provide your body the energy and building blocks it needs to heal.

PREVENTION TIPS

Take action to prevent arterial ulcers by following these tips:

- Do not cross legs
- Do not sit or stand for long periods of time
- Flex feet and wiggle toes frequently when legs are dangling
- Avoid cold temperatures
- Protect legs and feet from injury
- Avoid wearing constrictive socks or hose
- Choose comfortable, well-fitted footwear
- Practice routine professional foot care for toenails, corns and calluses
- Walk as far and frequently as it is comfortable
- Do not smoke
- Avoid caffeine
- Control cholesterol, triglyceride and glucose levels
- Manage hypertension
- Maintain healthy body weight
- Increase fiber, fruits, vegetables and lean protein
- Take a multivitamin with niacin and folic acid
- Take fish oil supplements