



Southern Ohio Foot & Ankle

1130 Western Avenue
Chillicothe, OH 45601
740-775-7800

April 2005

Issue 7

We welcome
new patients of
all ages

Our hours are:
Monday through Friday
8:00am to 5:00pm
We are closed from 12noon
to 1:00pm for lunch

Our Physicians are:
John F. Boyle, D.P.M.
&
Meg Graham, D.P.M.

Diabetic Wounds

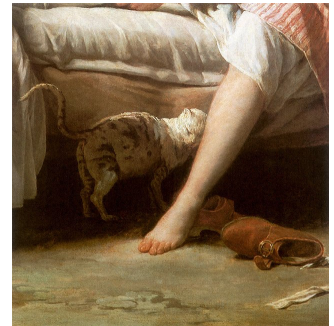
For people with diabetes, a simple bump on the toe can lead to a wound that will not heal. Without treatment it can turn into a disaster.

The American Diabetes Association estimates there are 18.2 million people in the United States, or 6.3% of the population who suffer from diabetes.

Two of the major complications associated with diabetes are nerve disease and vascular disease. Nerve damage lessens the ability of the patient to feel pain sensations, especially in the legs and feet. Up to 70% of all diabetics experience some degree of nerve damage. This impaired ability to feel pain may result in a wound that is not noticed.

If bacteria enter the blood flow, nutrients, oxygen, and infection fighting white blood cells may not adequately be able to reach the area.

The wound becomes more infected, and the ability to heal becomes seriously compromised. There are several modalities of treatment available for all stages of diabetic ulcers and early treatment is the key to avoidance of toe, foot or limb loss.

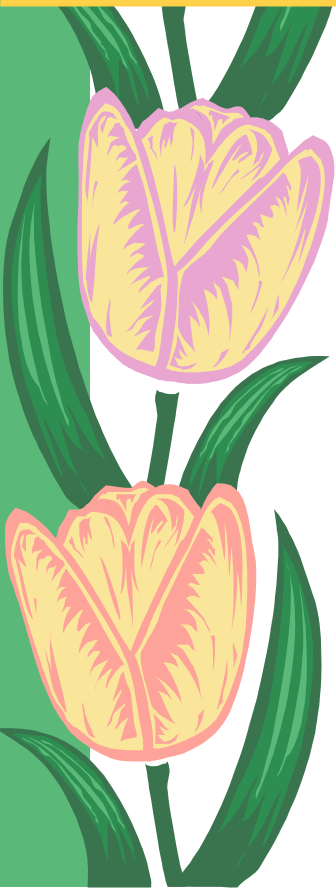


New Hope

There is new hope for patients who have non-healing diabetic ulcers and those who are facing amputation of a limb. At our wound care center, we have state-of-the-art equipment to treat lower limb ulcers resulting from neuropathy and diabetes.

The Circulator Boot System™ is an end-diastolic pneumatic compression boot designed to help increase circulation to the extremities. Because diabetes can cause blood vessels to age and harden faster than normal, blood may be prevented from either reaching or leaving your feet. A leg with poor arterial blood flow could be likened to a half wet, dirty sponge. Repeated soaking and wringing of the sponge will help clean it. *The Circulator Boot System™* works much the same way.

The Circulator Boot System™ is a fiberglass shell, lined with an inflatable bag that fits over the leg. The unit is topped with a regulator which is attached to a heart monitor and air compressor. The patient's own heart beat coordinates the pumping action which helps force fresh oxygenated blood into the leg. Between heart beats air flows into the bag and compresses the leg, helping push fluids back out. If a wound is present, antibiotics can be injected into the foot or leg before treatment so that the medication can flow more effectively. At our wound care center, we specialize in treating diabetic wounds and foot infections of all types. We believe in limb salvage and preservation of the foot and leg. Diabetes is the leading cause of amputations in the world. Patients with diabetes who lose one leg to amputation have a 50% risk of amputation in the other leg within four years. With the Circulator Boot treatment, we are helping to lessen those odds.





April Footfalls



Patient education is crucial for the diabetic. The better you understand your condition, the easier it will be for you to manage it. Almost every insurance company and diabetic association has a web site. Often there are special programs available from them that are not advertised. All it takes is a little research and you can find almost any answer to diabetics questions. Below is a list of what we consider to be "The Best of the Web" for diabetic education and information. For those of you without internet access, the address and phone number have been included when it was available.

American Diabetes Association
ATTN: National Care Center
1701 North Beauregard Street
Alexandria, VA 22311
www.diabetes.org

American Podiatric Medical Association
9312 Old Georgetown Road
Bethesda, MD 20814
1-800-ASK-APMA
www.apma.org

Ohio Podiatric Medical Association
5310 Mckitrick Blvd.
Columbus, OH 43235
614-457-6269
www.opma.org

American Association of Diabetes Educators
100 West Monroe
Suite 4000
Chicago, IL 60603
www.aadenet.org

Centers for Disease Control
National Center for Chronic
Disease Prevention & Health Promotion
1600 Clifton Rd.
Atlanta, GA 30333
800-311-3435
www.cdc.gov

Foot Health Foundation
9312 Old Georgetown Road
Bethesda, MD 20814
www.foothealthfdn.org

National Diabetes Information Clearinghouse
1 Information Way
Bethesda, MD 20892
800-860-8748
www.diabetes.niddk.nih.gov

The American Dietetic Association
216 W. Jackson Blvd.
Chicago, IL 60606
312-899-0040
www.eatright.org

International Diabetes Federation
19 Avenue Emile De Mot, B-1000
Brussels, Belgium
011-322-538-55-11
www.idf.org

Diabetes Exercise and Sports Association
8001 Montcastle Dr.
Nashville, TN 37221
800-898-4322
www.diabetes-exercise.org

International Diabetes Center
5000 West 39th Street
Minneapolis, MN 55416
612-927-3393
www.parknicollet.com

Juvenile Diabetes Research Foundation
120 Wall Street
New York, NY 10005
800-JDF-CURE
www.jdf.org

www.mendosa.com
This is a great site maintained by web writer David Mendosa who is a diabetic.

www.accu-chek.com
This commercial site from Roche Diagnostics has diabetic IQ Tests and much more. A very informative site.



Do You Know....

What these famous people have in common?

Halle Berry
Mary Tyler Moore
Anne Rice
Delta Burke
BB King
Patty LaBelle
Tommy Lee
George Lucas

Answer:
They are all Diabetics!