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NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

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Giving Thanks for Health

**UNDERSTANDING CHRONIC WOUNDS,
DIABETIC ULCERS, AND PRESSURE SORES**

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**1-1 EXAMINATION
& PERSONALIZED
TREATMENT PLAN**

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INSIDE:

Pressure Sores: Causes and Symptoms

4 Simple Strategies for Stress-Free Leaf Cleanup



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UNDERSTANDING CHRONIC WOUNDS

Diabetic Ulcers and Pressure Sores



Do you or a loved one struggle with non-healing wounds? Perhaps you're someone with diabetes who has developed a diabetic ulcer on your foot. Or maybe you're the caregiver for a bedbound loved one, and you've noticed they've begun to develop pressure sores. No matter the reason, advanced wound care is crucial in managing these conditions.

Non-healing wounds (also known as chronic wounds) are more common than you might expect. Researchers estimate they can affect as many as 6.5 million people in the United States alone! As their name suggests, these are wounds that simply don't heal as they should—which means they require constant vigilance to ensure they don't become infected.

At First Choice Physical Therapy's advanced wound care clinic, we help our patients manage and treat non-healing wounds, including diabetic wounds and pressure sores. If you or a loved one needs help caring for a chronic wound, call us to schedule an appointment today!

Diabetic Ulcers: Causes and Symptoms

Diabetes is a chronic health condition that occurs when your body can not properly process your blood sugar, leading to increased

blood glucose. If left untreated, diabetes can impact your entire body, including damaging your eyes, kidneys, nerves, and heart.

People with advanced diabetes can also develop chronic wounds in their feet (and sometimes lower legs). These wounds, called diabetic ulcers, are one of the more common complications of unmanaged diabetes and, if left untreated, will worsen over time to the point of requiring amputation.

Fortunately, you can avoid those extreme measures by recognizing the signs early on and taking action. These wounds occur due to diabetes-induced nerve damage in the legs and feet, which causes your foot to go numb and means you'll be much less likely to notice a blister or cut. Furthermore, diabetes reduces blood flow to your lower extremities, making these wounds less likely to heal independently—which is why they become chronic.

If you've had diabetes for some time, stay vigilant for the signs of nerve damage, such as discoloration, numbness, or tingling.

And if you have developed nerve damage, watch out for symptoms of foot ulcers:

- Any changes to the foot (cuts, blisters, etc.)
- Foul smell
- Discharge
- Redness
- Swelling

Call Today and Schedule Your Next Visit! 775-254-8647

Pressure Sores: Causes and Symptoms

Pressure sores—also known as bedsores—are another common type of non-healing wound. They occur due to prolonged pressure on the skin, typically due to someone spending significant time in a bed or chair. As a result, they're most likely to affect bedridden people, such as someone in the advanced stages of a terminal illness. Frail elderly adults are particularly susceptible.

If you are the caregiver to someone largely confined to bed, it's crucial that you remain vigilant for signs of pressure sores. You can reduce the likelihood of them occurring at all by positioning your loved one properly, moving their position every few hours, and ensuring they receive proper nutrition and skin care.

In addition, watch out for the early signs of pressure sores, paying careful attention to the following areas:

- Buttocks (especially tailbone and hips)
- Heels of the foot
- Shoulder blades
- Back of the head
- Back and side of the knees

On pale skin, look for reddened areas; on darker skin, look for areas

with a blue or purple tint. The area may be warm to the touch, and your loved one may complain that it burns, hurts, or itches. As the sore worsens, it will look more like a blister or open wound.

We Can Help You Manage Diabetic Ulcers And Pressure Sores

When addressing non-healing wounds, understanding the causes and recognizing the signs are only the beginning. As soon as you notice symptoms, call First Choice Physical Therapy to learn the next steps for treatment! We'll show you how to properly care for the wound and provide you with the information you need to prevent more from occurring.

Sources:
<https://www.ncbi.nlm.nih.gov/books/NBK95310/>
<https://www.ncbi.nlm.nih.gov/books/NBK49987/>



**Are you suffering from chronic wounds?
Worried a cut may have become infected?**

Call us at 775-254-8647 to start healing today!

FirstChoicePTNV.com

PRACTICE UPDATE: GET YOUR FREE BALANCE TEST NOW!

Balance— the 5th Vital Sign.

Your Balance may predict how long you'll live.

Vital signs (Blood pressure, Breathing, Heart Rate, and Body temperature) are used to measure our health and if out of range, the need for medical attention.

Balance is a major indicator of how well our nervous, muscle, sensory and other vital body systems are working. Unsuccessfully completing this one test was associated with an 84% risk of death from any cause within the next decade.


GET YOUR BALANCE TESTED FOR FREE!

That's right, FREE! Don't live in fear of suffering a fall-related injury. Call us at 775-254-8647 or scan the QR Code at right to have questions answered to see how ProBalance360 and Mechanical Motion Therapy can HELP you!








PROBalance³⁶⁰

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DR. SAMUEL MOORE
PT, DPT, Owner



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SUCCESS STORIES

Spring Creek Location

"I am deeply grateful to the entire team for their dedication and expertise. A heartfelt thank you to everyone involved for making my journey so much better!"

— Google 5-Star Review

4 Simple Strategies for Stress-Free Leaf Cleanup

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread- raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

1. If you can, rake downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

2. Pull the leaves towards you as you rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

3. Divide your lawn into sections

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

4. Wear the proper clothes

To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.

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