



CASE OF THE MONTH: WHAT IS A DIABETIC FOOT ULCER?

What is a diabetic foot ulcer?

If you have diabetes, you have an increased chance of developing foot sores, known as diabetic foot ulcers. These sores are often painless, but very dangerous as they are the most common reason for hospital stays for people with diabetes.



**1.5 cm Diabetic Foot Ulcer
Under 5th metatarsal head**

Initial Treatment:

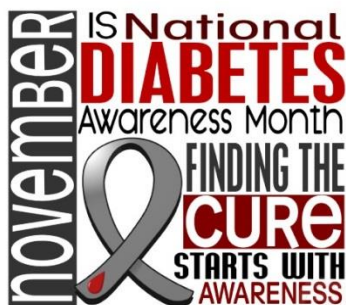
This patient underwent extensive wound care including topical medication, collagen, debridement (which is the removal of dead skin and tissue), and a total contact cast to relieve the pressure. After 5 weeks there was little change.

So, what is the cause of the ulcer?

The problem in this case is too much pressure in the local area of the ulcer causing callus formation, tissue inflammation and eventual breakdown. While the total contact cast relieved some pressure, it wasn't enough to heal the ulcer.

The Solution:

For this patient, surgical offloading healed the ulcer. In order to relieve the pressure permanently, the patient underwent an Achilles tendon lengthening to decrease pressure on forefoot. Six weeks after surgery the ulcer completely healed.



People with Diabetes can develop many foot problems. Even ordinary problems can get worse and lead to serious complications.

We recommend yearly diabetic foot exams. Call Dr. Silvester to schedule yours today (830) 569-3338.

A Better Way to Treat Neuropathy



DARREN J. SILVESTER, DPM

Have you requested our FREE Book
"A Better Way to Treat Neuropathy"?
www.SanAntonioNeuropathyReliefCenter.com

Recent Blog Articles

[Causes of Children's Ingrown Toenails](#)
[Discover Your Arch Type With This Quick Test!](#)
[What Causes Flat Feet Later in Life?](#)

Check out our BLOG on
www.SilvesterFootClinic.com

Your Next Step to Healthy Feet! Call today (830)569-3338

DIABETIC?

Qualifying patients are eligible for Dr. Comfort Shoes and Prescription Inserts.

[LEARN MORE](#)



Write A Review!

Would you please let all your friends know how happy you are with our services by writing a review online?

Go to Yelp.com, Click "Write a Review", Search Dr. Silvester Near 78064, Click "Write a Review"

Foot Care Tips for the Winter

Use Salt Scrub
Buff Away Rough Skin
Keep Nails Trimmed
Use Foot Cream
Put on Socks at Night

Here are a few tips and tricks for preventing blisters on the feet:

Shoes That Fit – Shoes that are too tight, too loose, too narrow, or too shallow can rub against your skin. Wear shoes that fit correctly in the heel, arch, ball of the foot, and toe box so your feet aren't pinched or sliding around. Shoes should not need a "break-in" period.

Sock Choices – This is your first line of defense against rubbing. Socks that are too loose or too small may fold or wrinkle, increasing friction. Choose fitted hosiery that helps absorb moisture, since sweat contributes to irritation. If that is not enough, try wearing two layers to diffuse the rubbing: a thin inner sock and a thicker outer one.

Orthotic Inserts – These special insoles can help reduce pressure on blister-prone areas and serve as an extra layer of protection for your feet. Ask our staff about what kind of insert would best benefit your lower limbs.

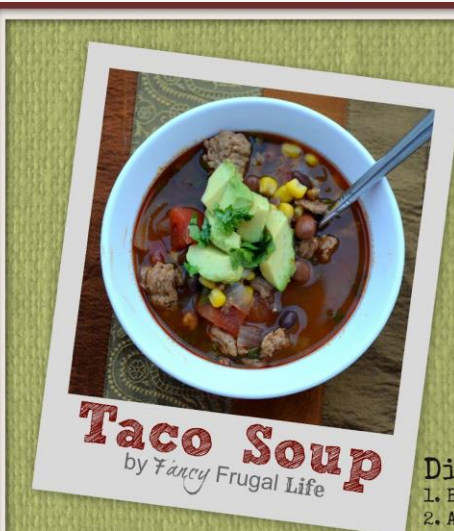
Medical Assistant Recognition Day October 21, 2015

Thank you for your hard work!



Spread the Word:

**Now Accepting Appointments
for January 2016 at
Next Step Foot & Ankle
Universal City**



Ingredients:

1 lb. Ground Turkey
packet taco seasoning or
homemade seasoning
1/2 white onion chopped
1 can stewed tomatoes
1 can black beans
1 can chili beans
1 small frozen bag corn
3 cups beef broth
handful of chopped cilantro
salt & pepper to taste

Directions:

1. Brown meat and onions together.
2. Add taco seasonings.
3. Add the rest of ingredients and slow cook for an hour or two. Also works well in slow cooker.