

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Wounds - Diabetes

Diabetics are wound prone. There are several reasons for this. Most diabetics have circulation problems that impairs wound healing. They seem to have more fragile skin and develop more frequent and larger wounds. The same patients often have other health problems as heart disease and atherosclerosis, high blood pressure, high cholesterol or lipid levels, lung diseases and other health problems. These in themselves contribute to wound healing problems. Most diabetics are older and aged skin is thinner and more easily injured.

When the disease is out of control then multiple body systems are affected and the health of the skin is further jeopardized. Few realize that the integumentary or skin system is the largest system of the body. Other systems include the nervous system, muscle and skeletal systems, digestive system and others. One can see why the skin is easily affected by disease that effect the whole body.

Diabetics think that their elevated blood sugar levels slow or stop wounds from healing. Those wound patients whose blood sugar is usually under good control may have higher and higher sugar levels. Higher glucose probably has minimal effect itself on wound healing and in fact we often find that if the wound is healed the blood sugar comes back into better control. It is the presence of the wound that causes the sugar levels to rise. The solution is to get that wound healed.

The most important thing a diabetic can do is monitor themselves for wounds. Leg and foot wounds are common as these people generally have poor leg circulation and usually develop a loss of feeling in their feet and legs. This loss of protective sensation is a big problem. I recommend protective garments and a lifestyle that minimized the chances of even small trauma to the legs. Patients must constantly examine themselves for the signs of a beginning wound. There may be an open bleeding area or just a bruise. Maybe the area just changed color. Swelling or edema is not good. Certainly pain is a sign of trouble. Call your doctor and let them monitor the area with you.

**The above represents the opinion of A. E. Haas, M.D.
Venice Plastic Surgery, Venice Wound Center, Lakeside Medical Center**

Just call us directly. No referral needed unless required by your insurance company

836 Sunset Lake Blvd # 103, Venice, FL 34292
(941) 492-4775