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FOOT WOUND CARE

Diabetic foot ulcers occur in approximately 15% of patients with diabetes. These wounds are commonly located on the bottom of feet, but can be found along the outer perimeter or on top. A percentage of patients will be hospitalized due to infection or other complications resulting from a diabetic foot ulcer. Limb amputation is probable if proper medical attention is not received for treatment of wounds. There is research available proving that Diabetic Foot Ulcers are preventable if the proper steps are taken to avoid development. Lower extremity wounds are not only painful, but very dangerous, if not given proper wound care.

Treatment of lower extremity ulcers, like other conditions, has a variety of options. Every wound is different and needs a customized treatment plan. The provider will evaluate the ulcer and implement treatment accordingly. Treatment of lower extremity wounds may involve bioengineered skin substitutes, specialized dressings, gels, creams, or surgical techniques, to promote wound healing. Keeping the wound clean and properly dressed, adjusting diet to include essential nutrients, and developing a well-balanced treatment program are the keys to healing lower extremity ulcerations.



NATIONAL FOOT HEALTH AWARENESS MONTH!

April is a great time to get your feet checked out by your local podiatrist! Good thing we have 11 nearby clinics! Our feet serve as the foundation for our entire body. There are 26 bones in the feet and not seeking medical attention can physically affect your hips, knees, and back. On average, at least 20% of the US population have at least one foot issue a year. Avoiding feet and ankle problems and lead to serve consequences, that is why seeing your local podiatrist is important to for health.

Here are 5 easy tips to keep your feet healthy!

- **Wear appropriate shoes** - be sure to buy the correct size of shoes to avoid tearing of the skin or blisters.
- **Exercise** - workout often because not only is it good for your feet, but your entire body. Simple exercises can be walking outside or running!
- **Cut your Toenails** - Trim your toenails in a timely fashion. Make sure to cut them straight across to avoid ingrown toenails.
- **Check your feet daily** - check the appearance of the feet to make sure there is no swelling or discoloration.
- **Wash your feet** - applying soap and water daily will help prevent bacteria and fungus to grow.





PODIATRIST SPOTLIGHT

ELLEN COLGAN, DPM



Dr. Ellen Hill Colgan is skilled in the techniques of foot and ankle surgery, sports medicine, wound care, and diabetic foot care. Her goal is to get her patients back on their feet as quickly as possible and back to the activities they enjoy.

Dr. Colgan completed her Podiatric Medical Training at Des Moines University – College of Podiatric Medicine and Surgery and her Master of Health Administration – College of Health Sciences in Des Moines, Iowa. She then completed her surgical residency at SSM DePaul Hospital in St. Louis, Missouri. Dr. Colgan enjoys the teaching aspect of medicine and continues to work with the residency program at SSM DePaul.

In her spare time, Dr. Colgan enjoys spending time with her husband and Ted, their Labrador, along with her two rescue cats, Gus and Woody. She enjoys all outdoor activities, but especially hiking, biking the Katy Trail, and gardening.

Medical School: Des Moines University – College of Podiatric Medicine and Surgery

Master of Health Administration – College of Health Sciences in Des Moines, Iowa

Residency: SSM DePaul Health Center 2018

WHATS NEW?

To begin, Dr Krista Nelson is back from maternity leave and back to her normal hours in the Edwardsville and Alton clinics.

Next, Dr Christie Lynch joined the Wound Care Center at St Mary's Hospital! You can see her there on Tuesdays mornings from 8am to 12pm.

Lastly, effective immediately, **masks will be optional for employees and patients.** The health and welfare of our patients and employees is our top priority. We value and respect the many perspectives surrounding the pandemic and encourage customers to follow the guidance of health officials for COVID-19 safety practices. Thank you for your patience and understanding.



Employee Birthdays!

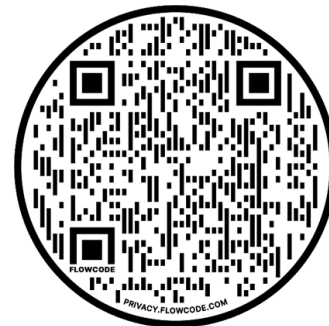
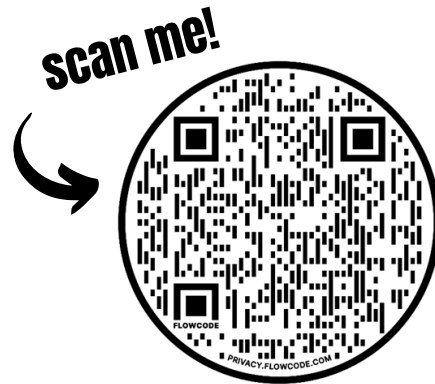
Bill, April 5

Rosalie, April 12

Cindy, April 14

Lisa, April 25

Follow us on Social Media!



**VIRCIN Advanced
Wart Treatment**

\$45 - 14gm



**Antifungal
Solution**

\$60 - 7.5ml



CBD Pain Gel

\$60 - 500mg

\$80 - 1000mg



CBD Capsules

\$50 - 30ct

\$70 - 60ct



CBD Tincture

\$80 - 1000mg



All products are self-pay only. They cannot be billed to insurance.