

TOE TIPS

PODIATRISTS: FIRST RESPONDERS FOR VASCULAR DISEASE



DO YOU KNOW WHAT VASCULAR DISEASE IS?

Vascular disease is the buildup of plaque and cholesterol in arteries throughout your body. Did you know that your feet are an early warning system for vascular disease? That's right! Your feet are often the first place where signs and symptoms of vascular disease appear. That is why podiatrists are often the first physicians to spot and diagnose vascular disease.



WHAT ARE SOME OF THE SYMPTOMS OF VASCULAR DISEASE?

COMMON SYMPTOMS INCLUDE THE FOLLOWING:

- ➔ Foot or toe pain at rest that often interrupts your sleep
- ➔ Pain in your legs, thighs, or buttocks, fatigue, or tiredness while walking but goes away when you rest
- ➔ Skin wounds or ulcers on your feet or toes that are slow to heal (or that do not heal for 8-12 weeks)

Although these are common symptoms of vascular disease, many individuals with vascular disease do not experience typical leg symptoms such as cramping, pain, or fatigue known as claudication.

VASCULAR DISEASE CAN ALSO MANIFEST ITSELF IN THE FORM OF ULCERS

Here's what you need to know about the two common types of ulcers associated with vascular disease:

COMMON SYMPTOMS INCLUDE THE FOLLOWING:

- ➔ Shallow or superficial appearance
- ➔ Irregular shape
- ➔ Small to large
- ➔ Brownish in appearance
- ➔ Skin tends to be thick
- ➔ Painful, usually related to edema, or swelling

You'll most likely find a venous ulcer on the lower leg and ankle.