

STEP

2

KNOW THE
WARNING
SIGNS OF
COMPLICATIONS

Question: Amazed by your strength and bravery when stepping on that tack?
Answer: Loss of feeling in limbs is often a first visible symptom of diabetes.

ONAS BROTHERS



Nick Jonas
of the Jonas Brothers talks about managing diabetes on the road.

I make sure my family and crew have extra testing supplies on hand while I'm on tour so I'm always prepared if I'm in a rush to get on stage.

The meter I use plugs into my computer wherever I am. The technology makes monitoring my blood sugar, logging the results and sharing information with my doctor an easier process for me, especially with my busy schedule. I can quickly see my recent blood sugar levels and trends and share them with my doctor from the road.

What advice can you offer readers with Type 1 and Type 2 diabetes?

■ Stay active and stay positive. Build a support team with your doctor, family and friends and know that diabetes is nothing to be embarrassed about. Go online, read as much as you can. If you go to my website, NicksSimpleWins.com, there's a lot of great information about diabetes and ways you manage it.

Why did you decide to go public with your diabetes?

■ Having the support of my family was definitely a big part of getting through the first couple of months with diabetes. It's important that other people with diabetes don't feel like they are alone. Nearly every day I hear from someone like me who says that I make them feel it's OK to have diabetes, and it's that's really cool that I can do that.

New steps away from amputation in diabetic limb treatment

For many years, a diabetes diagnosis triggered a gloomy warning from family and friends, "Careful you don't lose your foot." In fact, foot wounds often land diabetic patients in the hospital more than other complications.

However, foot ulcers and neuropathy, or numbness, no longer equate to a death sentence for a limb if the patient remains proactive with care and wound treatment.

"The advanced therapies we have access to today are cost effective ways to encourage wound healing faster which avoids complications that lead to hospitalization and amputation," says Damien M. Dauphinée, DPM, FACFAS, CWS, Medical Director for the Center for Wound Healing and Hyperbaric Medicine at North Texas Hospital.

Adjunctive therapy and innovations such as bioengineered tissue products, hyperbaric oxygen treatment and negative pressure wound therapy allow for faster closing of wounds, saving patients thousands of dollars, recovery time and possible catastrophic complications.

Time is the greatest risk

Recent studies suggest if a



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Damien M. Dauphinée, DPM, FACFAS, CWS
Medical Director, Center for Wound Healing and Hyperbaric Medicine, North Texas Hospital

wound is not closed by 50 percent within the first four weeks, chances of it closing by 12 weeks drop to a slim three to five percent margin. With treatment such as those using regenerative measures, wound size is not as much of a threat for closure as infection.

"Every day a wound remains open is another chance for it to become infected," Dauphinée said.

Of course, doctors stress the most effective treatment is prevention. Regular doctor's exams, specialty shoes or inserts (often covered by Medicaid or Medicare) or, in some cases, surgery to decompress limb nerves can prevent foot complications from getting too far down the road.

WENDY TAYLOR

editorial@mediaplanet.com

WARNING SIGNS OF FOOT COMPLICATIONS

- **Neuropathy**—loss of pain or temperature sensation
- **Skin damage**—cracking, peeling skin from decreased oil production
- **Calluses**—faster callus growth, usually in high-pressure areas
- **Foot ulcers**—sores typically occurring on the ball of the foot or

big toes

- **Poor circulation**—numbness or extremely cold limbs

Read more
on the web:

www.aens.us
www.apma.org
www.acfas.org