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**St. Mary Wound Healing & Hyperbaric Medicine Center Experts Offer 6 Tips to Prevent Diabetic Foot Ulcers**

**LANGHORNE, Pa (November 9, 2017):** The St. Mary Wound Healing & Hyperbaric Medicine Center offers advanced therapies to patients suffering from chronic wounds like diabetic foot ulcers. During the month of November, National Diabetes Awareness Month, education about the prevention and treatment of diabetic foot ulcers will be a focus for the Center.

An estimated 30.3 million people in the United States – which is 9.4 percent of the population – have diabetes. Of those, 7.2 million are unaware they are living with the disease. The proportion of adults with diabetes increases with age, reaching a high of 25.2 percent among those 65 years old and older. In addition to age, risk factors for diabetes include diet, activity level, obesity, and heredity.

High blood sugar levels, poor circulation, immune system issues, nerve damage, and infection can contribute to a non-healing diabetic foot ulcer. Approximately 15 percent of people living with diabetes will develop a foot ulcer. An estimated 14-24 percent of people with foot ulcers will experience an amputation.

The St. Mary Wound Healing & Hyperbaric Medicine Center recommends the following to help prevent diabetic foot ulcers:

1. Stop smoking immediately
2. Comprehensive foot examinations each time you visit your healthcare provider (at least four times per year)
3. Daily self-inspections of the feet (or have a family member perform the inspection)
4. Regular care of the feet, including cleaning toenails and taking care of corns and calluses
5. Wear supportive, proper footwear (shoes and socks)
6. Take steps to improve circulation such as eating healthier and exercising on a regular basis

“Advanced wound healing from wound specialists is imperative to healing diabetic foot ulcers,” said Dr. Nathaniel Holzman, MD, Medical Director for the St. Mary Wound Healing & Hyperbaric Medicine Center. “We offer a number of leading-edge treatments for these ulcers, including hyperbaric oxygen therapy, total contact casting, and negative pressure wound therapy.”

Contact the St. Mary Wound Healing & Hyperbaric Medicine Center to learn more or schedule an appointment at 215.710.HEAL (215.710.4325) or stmaryhealthcare.org/woundcenter.

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**About St. Mary Health**

St. Mary Health, a member of Trinity Health, the nation’s second largest Catholic health care organization, is an integrated health care system based in Langhorne, Pa. At the core is St. Mary Medical Center, the most comprehensive medical center in the Bucks County region. The St. Mary Health staff of more than 700 physicians, 3,200 colleagues, and 1,100 volunteers is committed to providing excellence in patient safety and compassionate, quality care through an enhanced and expanding array of health and wellness services designed to meet community needs now and in the future. For a full listing of the myriad health care services St. Mary Health offers, visit [www.StMaryHealthcare.org](http://www.StMaryHealthcare.org).