

## **Wounds of Diabetics And Of Older People**

**As you probably know people with diabetes suffer with a variety of complications. One of those complications can be skin sores and infections.**

**Diabetics as well as older people often have poor blood circulation. Because of this, scrapes, cuts and burns heal slowly and are easily infected.**

**Bacteria grow and infections develop more quickly when there are high blood glucose levels leading to high levels of sugar in the body tissues says the American Diabetic Association. Also often the nerves in hands and feet are compromised in diabetics and older people and they may not notice a cut in the skin until after the cut is infected.**

**The ways to treat or prevent skin infections are:**

- **Monitor and moisturize your skin regularly to prevent dry skin from cracking where infection can grow.**
- **Treat blisters, calluses with antibiotic Ointment and bandages. Use soap and water or an antiseptic wash applied with sterile gauze pads to clean the wound. Apply the antibiotic Ointment and cover with non-stick gauze pads to protect it.**
- **If your wound (cut or scrape) have any of these signs of infection call your doctor right away.**

**Signs of infection:**

- **Red and swollen skin around the wound**
- **Drainage or foul odor.**
- **Skin feels warm around the wound.**
- **A fever greater than 101.**
- **Chills or sweating.**

**If your wound is infected you may need further treatment with a Wound Care Center ordered by your Doctor.**