Vascular disease is as common as both cancer and heart disease and accounts for 40% of deaths in the UK, many of which are preventable.
We're serious about saving lives. But this won't happen without generous donations from people like you. To make a donation, please visit circulationfoundation.org.uk or to discuss a major donation, legacy or corporate support, please call 020 7304 4779

What is a diabetic foot ulcer?
Diabetic foot ulcers affect many people with diabetes. It’s believed that 1 in 10 people with diabetes will have a foot ulcer at some point. The ulcers are patches of broken skin usually on the lower part of the leg or on the feet that become infected. For those with diabetes, wounds on the legs and feet are less likely to heal; this is partly because of damage to the nerves caused by fluctuating blood sugar levels.

Effects of serious foot ulcers
In the worst cases, some people with diabetes may have to have an amputation as the result of an ulcer. Less serious foot ulcers can take a long time to heal and cause a great deal of discomfort.

How to prevent diabetic foot ulcers
Taking good care of your feet is crucial in preventing diabetic foot ulcers. It is recommended that people with diabetes should have their feet checked at least once a year by a doctor or healthcare professional.