Completing a daily foot exam is crucial to reducing your risk of developing an ulcer. If you spot any signs of an ulcer, make an appointment with a podiatrist right away. Visit www.apma.org to find a podiatrist near you.

**Vascular disease is the buildup of plaque and cholesterol in your arteries throughout your body.**

Did you know that podiatrists are often the first physicians to spot signs of vascular disease? They also partner with vascular surgeons to ensure early detection, early intervention and a lower risk of major amputation.

That’s why it’s so important to not only include a podiatrist on your diabetes management team, but also to learn the signs of both venous and arterial ulcers.

**Common Signs of a Venous Ulcer:**
- 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

**Common Signs of an Arterial Ulcer:**
- Punched-out appearance
- Smooth wound edges
- Cool to the touch
- Skin is pale, shiny, taut, and thin
- Minimal to no hair growth on the limbs
- Painful, especially at night

**You’ll Most Likely Find an Arterial Ulcer:**
- On the side of the foot, but one can occur anywhere on the lower leg or foot