

# Arterial Leg Ulcers



promoting  
**healthy skin**

*Champions for Skin Integrity*



**Exercise** legs gently and often – try walking or ankle exercises (flexing, circling)

**Inspect** feet and legs daily

Have a **podiatrist** care for your feet

Wear shoes that fit well and orthotics if needed

Keep legs **warm** – e.g. rugs, clothes – do not use a heat source near/on them

Keep yourself at a healthy **weight**

**Control** diabetes, lipids and blood pressure

**Protect** lower limbs, wear long clothing



Do not **smoke**





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