

VENOUS STASIS ULCERS

A venous stasis ulcer is an open sore that can develop when the lower leg veins do not move blood back to the heart normally. Increased pressure in the leg veins (venous hypertension) can cause ulcers to form.

RISK FACTORS

- ▶ Increasing age
- ▶ Obesity
- ▶ Prolonged sitting or standing
- ▶ History of deep vein thrombosis (DVT)
- ▶ Female gender
- ▶ Pregnancy
- ▶ History of trauma
- ▶ Sedentary lifestyle

SIGNS AND SYMPTOMS

- ▶ Dark brown or reddened skin over affected area.
- ▶ Dry, crusted or moist cracked skin.
- ▶ Swelling and aching lower legs.
- ▶ A sore of the lower leg that does not heal.

TREATMENT

The priority is to control venous hypertension by:

- ▶ Leg elevation.
- ▶ Compression therapy.
- ▶ Increased mobility.
- ▶ Leg exercise program.
- ▶ Surgical procedures, if indicated.

Our Wound Care Center nurse practitioners can answer your questions about venous stasis disease and ulcers and provide referrals, if intervention or tests are needed.

REACH US AT (402) 354-7320.