

Ischaemia: lack of blood flow

Information for patients

Ischaemia is the hardening and obstruction of the blood vessels, reducing the blood supply to the legs and feet. The feet are more vulnerable to damage due to poor circulation. A good blood supply is needed for healthy skin and wound healing.

Symptoms

- Cold, pale, numb or burning feet
- Loss of hairs on toes, feet and legs
- Discolouration marks on feet and toes
- Delayed wound healing which can become infected
- Pain / cramp in the calf, thigh or bottom when walking or sitting at night
- Fragile skin that bruises or tears
- Pressure areas can develop due to less fatty padding under the heel and ball of foot
- Ulceration / breakdowns occur due to pressure and friction on prominent areas.

If any injury occurs, however minor, it is potentially serious and needs to be dressed with a sterile dressing and reviewed by a health care professional.

If you have any problems with your feet, contact your local podiatry department or GP for advice immediately.

Local contact numbers

Podiatry department

.....

GP Clinic

.....

**Podiatry Foot Protection Service,
Cantley Health Centre,
Middleham Road,
Cantley,
Doncaster.
DN4 6ED
Tel: 03000 211550**