PRECISION WOUND CARE SPECIALISTS · NOVEMBER 2026

November Healing Notes

American Diabetes Month: catching small wounds before they become big ones.

Diabetes Awareness | Stop the Pressure Day · Nov 19 | Caregivers Month

Welcome to November

November is American Diabetes Month, and for a wound care team that matters more than any other awareness month. Diabetes is behind a large share of the chronic wounds we treat, and most of them start small: a blister, a crack in the heel, a spot that never quite healed.

This month we are focused on catching those wounds early. Thank you for trusting us with your care, and for every referral that lets us help one more patient heal.

FEATURE STORY

Diabetes and the wound that won't close

High blood sugar slows healing, nerve damage hides pain, and poor circulation starves tissue of oxygen. A small sore can become an infection before the patient ever feels it.

Signs that need attention now

- A sore that hasn't improved in a week
- Redness or warmth that is spreading
- Fever or chills with any foot wound
- Drainage on a sock, or a new odor
- Dark or black edges on a wound

4 WEEKS

The four-week rule. A wound that hasn't shrunk by about half after four weeks of care is unlikely to heal on its current course. Refer sooner for exposed bone, spreading infection or absent pulses.

5 daily habits for healthy feet

1. Check both feet daily, even between toes
2. Never go barefoot, even at home
3. Moisturize, but not between toes
4. Keep blood sugar in your target range
5. Call us the same day if a wound looks worse

THURSDAY, NOVEMBER 19

Stop the Pressure Day

Pressure injuries form when skin stays under pressure too long, usually over the tailbone, hips, heels and elbows. They can develop in just a few hours in someone who is bedbound or uses a wheelchair.

- **Reposition** every 2 hours in bed; shift weight every 15 minutes in a chair
- **Float the heels** with a pillow under the calves
- **Keep skin clean and dry,** especially with incontinence
- **Check daily** for redness that doesn't fade when pressed

November is also National Family Caregivers Month. To everyone caring for a loved one at home: thank you.

SERVICES SPOTLIGHT

Total contact casting and offloading

For diabetic foot ulcers, taking pressure off the wound is often the single biggest factor in healing. Total contact casting spreads weight across the whole lower leg so the ulcer can close.

Debridement · **Advanced dressings** · **Compression therapy** · **Negative pressure therapy** · **Skin substitutes** · **Total contact casting** · **Infection management**

Meet your provider. Alexandria "Alex" Peterson, DNP, APRN, FNP, is a board-certified family nurse practitioner with twenty years in the OR and urgent care across Denver and Boulder.

Holiday hours

Wed, Nov 11	**Thu, Nov 26**	**Fri, Nov 27**
Veterans Day	Thanksgiving	Day after Thanksgiving
Open	**Closed**	**Closed**

Traveling for Thanksgiving? Tell us at your next visit so we can plan dressing changes and supplies ahead. And remember: protein supports healing, even on feast days.

Skin-credible fun facts

Thanksgiving trivia ammo

#1 Skin is your body's largest organ, about 20 sq ft

~4 weeks for your outer skin to fully renew itself

Referring is simple

Fax demographics, insurance, recent notes, medications and problem list. We handle scheduling and prior authorization, and send notes back after every visit.

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Medicare, Medicaid and most commercial plans accepted. ·