

HOPE FOR HEALING YOUR
DIABETIC FOOT ULCER

_____’s healing journey



**This booklet will teach you more
about Apligraf® and DFUs.**

It has useful information that can help
guide you through your healing journey.



ORGANOGENESIS

Apligraf®

Living Cellular Skin Substitute



My healing commitments

Review and complete this section with your doctor:

I will

- Attend all appointments
- Check blood sugar regularly
- Wear offloading boot/device
- Make sure dressings are clean, dry & intact
- Take medication daily
- Follow my diet
- _____



My healing goals

Review and complete this section on your own:

I want to get better for

- Myself
- My family
- My friends
- Someone special
- An upcoming event (like a party or trip)
- _____

Apligraf® & you

Your doctor has given you this booklet because you have a diabetic foot ulcer (DFU). This is a serious wound that needs proper care and attention to prevent problems—like infection—that may require hospitalization and possibly amputation.

What is Apligraf?

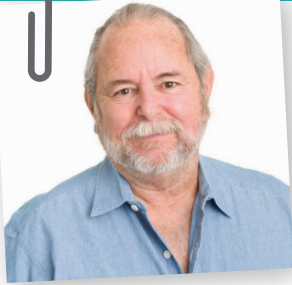
- ✓ Apligraf is a unique, advanced treatment for DFUs
- ✓ Apligraf works as a layer of substitute skin to help cover and heal DFUs
- ✓ Apligraf is created from cells found in healthy human skin and collagen derived from cows. It looks like a thin piece of skin and is used for ulcers that are not healing with other therapies
- ✓ Apligraf provides the wound with living cells, proteins produced by the cells, and collagen, which are important for healing

Apligraf is FDA-approved and has been trusted by doctors for **over 20 years**



This brochure should not be used as a substitute for talking with your doctor. Always talk with your doctor about diagnosis and treatment information.

A case study of Apligraf®



PATIENT: Male

AGE: 71 years old

HISTORY OF: Hypertension, Coronary Artery Disease (CAD), Obesity, and Smoking

ISSUE: Lingering DFU on right foot

TREATMENT: Apligraf

TIME TO RECOVERY: 5 weeks



Hypothetical patient.

This was possible because this patient:

- ✓ Followed his doctor's instructions
- ✓ Took his medication
- ✓ Met with his healthcare team to keep his other conditions under control
- ✓ Cared for the wound between visits

Apligraf closes more DFUs faster^{1,2}

Patients treated with Apligraf experienced:



32% fewer
emergency department visits*



28% reduction
in lower limb amputations*

1. Veves A, et al. Diabetes Care. 2001;24(2):290-295.

2. Rice JB, et al. J Med Econ. 2015;18(8):586-595.

* In an analysis of Medicare claims for patients with DFUs, 502 Apligraf treated patients were compared with their 502 conventional care counterparts. Based on an analysis from the 18-month follow-up period, the patients treated with Apligraf were found to have had 32% fewer emergency department visits and a 28% reduction in lower limb amputations.

Caring for your ulcer

After Apligraf® is applied, your doctor or nurse will give you instructions to follow while your wound is healing.

- ✔ Be **careful not to disturb your wound** or get it wet during your treatment
- ✔ **Expect regular follow-up visits** with your doctor to check on your healing progress
- ✔ After your first appointment, your **doctor may schedule weekly visits** until your wound is healed
- ✔ It is very important to **keep your appointments** and follow your doctor's directions carefully



Important reminders



Keep weight off your feet

While your ulcer is healing, your doctor may give you a wheelchair, crutches, or a specially made protective shoe after Apligraf is applied.



Keep pressure off your newly healed wound

Once your ulcer has healed, your doctor may want you to wear special footwear. This may help prevent the ulcer from coming back.



Apligraf can treat your foot ulcer but **it is not a treatment for** the health condition(s) that caused the ulcer in the first place.

It's important to follow your doctor's advice on how to stay healthy and to prevent the ulcer from coming back.



If you experience any signs of infection, like tenderness to the touch, redness, pain, heat, and/or swelling, **contact your doctor immediately**

Preventing future ulcers

To make sure your wound heals well and to avoid a future DFU:

DO



Follow your doctor's advice on how to control your blood sugar



Check your feet daily for cuts, blisters, red spots, or swelling. Tell your doctor right away if you see any changes or injuries



Have a podiatrist or other healthcare professional trim your toenails straight across, and file the edges



Always wear shoes when walking—never go barefoot



Wear thick, soft socks. Avoid mended socks and those with seams, which can rub against the skin and cause blisters or other skin injuries



Before putting on your shoes, feel inside for small, hard objects (like pebbles)

DON'T



Go barefoot—always wear shoes when walking



Wear high heels, sandals, or open-toed shoes



Wear mended socks or socks with seams, which can rub against the skin and cause blisters or other skin injuries



Try to remove calluses, corns, or warts by yourself.
See your doctor for help



How to fill out your weekly log

The following pages are designed to help you keep track of how you're feeling week to week. They include a pain scale, to-do chart, and a section for notes.

To-Do List

The to-do list in your journal is designed to remind you what you should be doing every day.

Completing these tasks every day will help make sure your DFU heals properly.







You should review your to-do list throughout the day and check off each task as you finish it.

Weekly log: 08/01/21 to 08/08/21

Daily To-Do

Responsibilities	S	M	T	W	T	F	S
I checked my blood sugar today	✓	✓	✓	✓	✓	✓	✓
I wore my offloading boot/device	✓	✓	✓	✓	✓	✓	✓
My dressings are clean, dry & intact	✓	✓	✓	✓	✓	✓	✓
I took my medication today	✓	✓	✓	✓	✓	✓	✓
I followed my diet today	✓		✓	✓	✓		✓

Overall, how did you feel this week?

 Happy  Doing well  Doing okay  Not great  Not well  Really upset

Next appointment	Medication change(s)
Questions	Reminders

Pain Scale

The scale on each log is meant to share how you've been feeling. The differently colored faces represent a range of emotions.

At the end of every week, **circle the face** that matches how you felt that week.



**Happy;
no pain**



**Doing well;
feeling some pain**



**Doing okay;
feeling pain**



**Not great;
feeling pain**



**Not well;
feeling a moderate
amount of pain**



**Really upset;
feeling a lot
of pain**

Weekly log: ___ / ___ / ___ to ___ / ___ / ___

Daily To-Do

Responsibilities	S	M	T	W	T	F	S
I checked my blood sugar today							
I wore my offloading boot/device							
My dressings are clean, dry & intact							
I took my medication today							
I followed my diet today							

Overall, how did you feel this week?



Happy



Doing well



Doing okay



Not great



Not well



Really upset

Next appointment	Medication change(s)
Questions	Reminders

Weekly log: ___ / ___ / ___ to ___ / ___ / ___

Daily To-Do

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My dressings are clean, dry & intact							
I took my medication today							
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Overall, how did you feel this week?



Happy



Doing well



Doing okay



Not great



Not well



Really upset

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Questions	Reminders

Weekly log: ___ / ___ / ___ to ___ / ___ / ___

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Overall, how did you feel this week?



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Doing well



Doing okay



Not great



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Really upset

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Doing okay



Not great



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Really upset

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Doing okay



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Doing okay



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Really upset

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Doing okay



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Really upset

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Really upset

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Overall, how did you feel this week?



Happy



Doing well



Doing okay



Not great



Not well



Really upset

Next appointment	Medication change(s)
Questions	Reminders

List of medications

Notes



“
Healing takes courage,
and we all have courage,
even if we have to dig a
little to find it.
– **Tori Amos**
”

Important contact information:

For more information about Apligraf®, visit [WoundsCantWait.com](https://www.WoundsCantWait.com)