

# Wound Management Express

WINTER 2017 EDITION

## Chronic Wounds



Wound Management Services at  
**STURDY**  
MEMORIAL HOSPITAL

# quiz

**Test Your Knowledge.**  
**Circle True or False:**  
**(Answers below)**

1. Diabetics only need to inspect their feet once a month.  
.....T or F
2. Chronic wounds are a significant burden both psychologically and financially.  
.....T or F
3. A wound should show signs of healing within 2 weeks and heal completely in 4 - 6 weeks.  
.....T or F
4. U.S. spends approximately \$10 million annually on chronic wounds.  
.....T or F

### When to call your doctor...

If you have a wound that has not shown any signs of improvement within two weeks or hasn't healed completely within six weeks, give us a call. There are options and we are here to help. For an appointment, call **508-236-7600**.

**Quiz answers:** 1F 2T, 3T, 4F



According to the National Institute of Health, it is estimated that the U.S. spends approximately \$25 billion annually on treating chronic wounds. This number is growing as the population of diabetics and morbidly obese patients increases. Non-healing or

chronic wounds can negatively impact the day to day lives of patients. The skin is the largest organ in the body and is vital to the body's defense system. Under normal circumstances when the skin sustains a wound, it kicks off an orderly sequence of events to repair the damage. A chronic wound results when wound healing is delayed or never fully completed. Serious complications can result when the skin is compromised by a chronic wound. The body is left vulnerable to bacteria and germs that can cause serious complications such as infection and in extreme cases amputation and death.

There are several types of chronic wounds. Barriers to wound healing include many preexisting conditions such as diabetes, circulation problems, poor nutrition, immobility, age and obesity. Smoking is another significant barrier to wound healing and every effort should be made to quit. Advanced wound care is a specialty dedicated to the diagnosis and treatment of chronic wounds.

Advanced wound care starts with identifying why a wound is not healing. A complete medical history and assessment is done to determine possible barriers. This is where the detective work begins. If a person has uncontrolled diabetes, they are more likely to have both circulation problems and nerve damage. Tiny blood vessels that provide circulation to the lower extremities can be damaged and prevent adequate blood flow to the feet and toes. The ability to feel pain is an important protective mechanism. When you touch a hot...

stove, the ability to feel pain causes us to quickly remove our hand away from the heat helping to prevent further injury. Nerve damage in the lower extremities can cause a loss of the body's important protective mechanism. Because a diabetics' ability to feel pain may be compromised, they become vulnerable to injury and ulcers. It is critical for diabetics to compensate for this loss of sensation by inspecting their feet daily for any areas of redness, cracks, sores, etc. They should schedule regular check ups with a podiatrist or primary care physician, maintain good blood glucose levels, eat a healthy diet and exercise regularly if approved by their physician. Diabetic ulcers are a common complication in diabetics who do not have good glycemic control. If these ulcers are ignored, they can lead to foot deformities, infections, hospitalizations and in extreme cases amputation.



Lower extremity edema and vascular ulcers are other types of complications and wounds that can result from poor circulation to the lower extremities. Swelling in the feet and lower legs can result when the valves in the veins are not functioning properly and blood and fluid begins to pool in the surrounding tissue. Advanced wound care can help manage the lower extremity swelling and as well as ulcerations resulting from poor circulation.

Chronic wounds are a significant burden both psychologically and financially. Help is available to treat and heal chronic wounds. If you have a wound that has not shown any sign of healing within 2 weeks, or has not healed in 4 - 6 weeks, advanced wound care may be necessary. Wound Management Services has been successfully treating the most difficult wounds for over 20 years. Appointments can be made by calling **508-236-7600**. Don't let a chronic wound interfere with your business of living.

## Healthy Eating

### ***Bowtie Pasta with Watercress, Cherry Tomatoes and Feta***

#### **Ingredients**

- 8 ounces bowtie pasta
- 1 cup crumbled reduced-fat feta cheese
- 2 pints cherry tomatoes, halved
- 3 cups watercress leaves (from 2 small bunches)
- 1/4 teaspoon black pepper

#### NUTRITION INFORMATION PER SERVING:

330 CAL., 6 G TOTAL FAT  
(3 G SAT. FAT), 56 G CARB.  
(4 G FIBER), 15 G PROTEIN

#### **Directions**

- Cook pasta according to package directions. Place the cheese in a large bowl; top with the watercress. Before draining the pasta, take 1/4 cup of the cooking water from the pot and pour it over the watercress (it will wilt slightly and cheese will get soft). Place the tomatoes in a colander. Drain the pasta over the tomatoes for a super-quick blanch. Toss with the watercress and cheese; sprinkle with pepper and serve.

**For questions or concerns about a non-healing wound, please call  
Wound Management Services at Sturdy Memorial Hospital at 508-236-7600.**