

Wound Management Express

Summer/Fall 2017 EDITION

Nutrition + Wound Healing



When a patient presents with a non-healing wound, the detective work begins. Uncovering barriers to wound healing provides the physician with important information they need to treat and heal a wound. Preexisting conditions such as diabetes, circulation problems and lack of proper nutrition

are significant barriers to healing. If the cells necessary for healing are not receiving the nutrients they need to repair the function and form of damaged tissue, the wound may become chronic. Patients who are either obese or underweight are at risk for malnutrition. Without proper nutrition, the cells involved with healing do not get the required amount of protein, vitamins and minerals to function properly. The body needs an adequate amount of these nutrients in order to meet the increase demand caused by the processes involved with wound healing. Having the right amount of these nutrients helps the cells function efficiently, aiding in the healing process.

A chronic or non-healing wound can impact and alter how your body uses food. When you have a wound, your body requires an increase in the amount of protein and nutrients to aid in the creation of new tissues. Your body will divert protein and nutrients needed for wound healing from other parts of your body and organ systems. If the nutritional intake does not meet the added demand for nutrients, it could create a "nutrient deficit" that could affect other body systems and overall health. This negative cycle can also result in slower healing. Chronic wounds leave a patient vulnerable for more serious complications and infections.

Advanced wound care, coupled with nutritional support, helps the body heal. The clinical staff at Wound Management Services at Sturdy Memorial Hospital provides nutritional screenings for all their new patients as part of the initial intake assessment. Patients with diabetes have special challenges. According to the American Diabetes Association, it is recommended that people with diabetes have an A1C score below 7% for optimal chance of healing. If you are having difficulty regulating your blood sugar, you may need to seek the help of your physician, registered dietician or a certified diabetes educator. They can also assist you in suggesting the best diet to meet the increase demands of wound healing.

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Wound Management Services at



quiz

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

1. The body does not need additional protein, vitamins and minerals during the healing process.
.....T or F
2. People with diabetes should have an A1C score higher than 7% for effective wound healing.
.....T or F
3. Your body's demand for protein, vitamins and minerals increases during wound healing.
.....T or F
4. Your primary care physician, registered dietician or a certified diabetes educator is an excellent resource to address your unique nutritional needs 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, 2F, 3T, 4T

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By eating a variety of foods, rich in protein, vitamins, and minerals you will provide your body the fuel it needs to heal. Your primary care physician, a registered nutritionist or diabetes educator is an excellent resource for providing you with recommendations for your specific health needs.

Our certified diabetes educator can be reached at **508-236-7497**. If you have a wound that has not shown any sign of healing within two weeks or healed completely within six weeks, Wound Management Services at Sturdy Memorial Hospital can help. We have been helping patients with chronic wounds get back to the business of living for over 20 years. Appointments can be made by calling **508-236-7600**.

Healthy Eating

Beneficial Food Choices for Wound Healing

These are categories of the types of foods most beneficial for wound healing.

PLEASE NOTE: Specific diet recommendations should come from your physician or registered dietician as they may interfere with medications or other medical conditions.

PROTEINS

LEAN BEEF, FISH, POULTRY, PORK, EGGS, MILK, YOGURT, DRIED BEANS, NUTS AND SEEDS

VITAMIN A

DARK GREEN, ORANGE, AND YELLOW VEGETABLES

VITAMIN C

CITRUS FRUITS, STRAWBERRIES, TOMATOES, PEPPERS, SPINACH, BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, CABBAGE

ZINC

RED MEATS, SEAFOOD, FORTIFIED CEREALS



Healthy Recipe: Grilled Balsamic Chicken

Ingredients

- 8 boneless skinless chicken breast halves
- 1/2 cup chicken broth
- 1 1/2 tablespoons Worcestershire sauce
- 1/4 cup Dijon mustard
- 2 tablespoons sugar
- 1 cup balsamic vinegar
- 2/3 cup chopped scallion
- 2 tablespoons minced garlic
- 2 teaspoons dry mustard
- 1 teaspoon fresh ground pepper

Directions

1. Rinse chicken, and pat dry. Place in a gallon-size zip-top plastic bag. Combine chicken broth and next 8 ingredients in a mixing bowl.
2. Reserve 1/2 cup marinade; pour remaining marinade over chicken. Seal bag, and refrigerate up to 24 hours, turning occasionally.
3. Grill chicken, uncovered, at medium-high for 6 minutes on each side or until cooked through, basting with reserved 1/2 cup marinade every few minutes. Done when juices run clear.
4. Slice grilled chicken and serve over mixed garden greens.

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