

HOW TO HELP HEAL WOUNDS WITH YOUR DIET

What you should eat

1. Choose foods high in protein



FISH, CHICKEN, MEAT



EGGS, MILK, CHEESE,
YOGURT



BEANS, PEAS



NUTS, SEEDS



PROTEIN SUPPLEMENT

2. Add foods high in vitamins and minerals, especially vitamin C, vitamin A and zinc to help reduce your risk of infection and promote healing.

Choose fruits and vegetables in a rainbow of colors to provide essential vitamins and minerals that your body needs. Some examples are:



SPINACH,
BROCCOLI,
CABBAGE



CARROTS,
PEACHES,
CANTALOUPE



APPLES,
RED PEPPERS



EGGPLANT,
BLUEBERRIES



BANANAS,
GARLIC,
CAULIFLOWER

3. Drink 6 to 8 cups of water or other fluids every day to help maintain hydration to support circulation



How Nutrition Helps:

- Protein builds new skin and muscle
- Glutamine helps cells produce the building blocks needed for new tissue
- Arginine supports blood flow and is a building block for proteins, which can contribute to healing
- Maintaining muscle and organ tissue is vital for normal healing, and proper nutrition plays an important role. If you do not receive proper nutrition, your body may use muscle protein for energy.

4. What to Avoid

- You can probably guess the foods you shouldn't be eating if you want to heal a wound—empty calories found in things like soda, processed foods, fast food, alcohol, sugar and refined grains.

Supplements may be helpful in certain circumstances but should be discussed with your doctor before taken.

If you have a wound that's not healing, it's important to seek medical attention. Wounds that don't heal properly can cause serious complications. To help you reclaim a healthy life and increase your comfort and mobility, contact MVS Wound Care & Hyperbarics at **410-433-4300**. We can also be found on the web at www.mvswoundcare.com



FACTORS THAT AFFECT WOUND HEALING

There are many factors that affect the healing process. Some factors you are able to control such as a healthy balanced diet and some factors you cannot control such as aging. We've compiled an abbreviated list of factors that can affect the healing process. Keep in mind this is not a complete list.

Appointments: Make it an absolute priority to keep your wound care and hyperbaric oxygen appointments.

Age: Aging affects everything in the body including the structure and function of the skin. Unfortunately, many processes slow down during the aging process, including the phases of wound healing. Functional changes in the skin include thinning of the skin and a decreased inflammatory response occurs.

Nutrition: Good nutrition is paramount and a factor you can control. It's vital that you eat well and provide your body the proper nutrition to help promote the healing process. During the healing process the body wants and needs increased amounts of calories, protein, vitamins A and C, and sometimes the mineral zinc. A wound may not heal properly or as quickly if your body lacks the necessary nutrients to maintain adequate energy for collagen synthesis.

Obesity: A patient who weighs 20 percent more than his or her ideal body weight has a higher risk of infection which leads to an interruption of the healing process. It's important to be active!

Recurring trauma: The patient's body's defense mechanisms become limited due to overuse if the patient has multiple wounds or surgeries.

Skin and moisture: Skin must have an adequate amount of fluid to ensure proper functioning and viability of the tissue. Stay properly hydrated!

Diabetes: Common disorders that affect the entire body such as diabetes plays an enormous role in the healing process of wounds. While diabetes does not predispose a patient to wounds, it does have an adverse effect on healing due to poor arterial flow and diminished sensation. For diabetics, controlling blood glucose levels is so important and helps encourage healing. If hyperbaric oxygen therapy (HBOT) is recommended to help you heal, having your A1c controlled is vital.

Adequate oxygen: Tissue hypoxia occurs when the body or parts of the body do not get adequate amounts of oxygen. The most common causes we see are related to arterial blockages or venous issues. If there is a limited supply of oxygen to the wound, it prevents the production of collagen necessary for the wound to heal. Smoking leads to tissue hypoxia and drastically slows the healing process.

Get some rest: Listen to your body and rest. It needs time to recover.

If you would like further dietary support or have any other questions or concerns please call us at **410-433-4300**. Feel free to visit us online at your leisure: www.mvsoundcare.com/wound-care-education.