

Good Nutrition

HEALING FROM THE INSIDE OUT.



Though often overlooked as a factor in wound healing, good nutrition is an extremely important part of the healing process.

Wounds must be well-fed to heal, requiring increased amounts of **calories, protein, water** and specific **vitamins and minerals**.

During the healing process, the body requires an increased need for both energy and protein to heal wounds. Poor nutrition before and/or during wound treatments may slow or delay the rate of healing.

Because nutrition is so vital to wound healing, nutritional assessments are an important part of what we do. Patients visiting our wound centers receive a nutritional evaluation as a part of their wound care assessment, and dietary changes are recommended to promote healing.

You may be at risk for nutrition-related problems if you have experienced or are experiencing any of the following:

- You have unintentionally gained or lost 5% or more of your body weight in the past month or 10% in the last 6 months.
- You have a chronic disease such as heart or kidney disease.
- You have a stomach or intestinal tract disorder that interferes with absorption of nutrients.
- You have tooth or mouth disorders that interfere with eating or chewing.
- You take more than 3 medicines, including over-the-counter drugs.
- You are a person with diabetes and unable to control your blood sugar.
- You are suffering from depression.

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