



Healthy circulation is **at the heart** of every healed wound




Heart diseases, such as coronary artery disease and peripheral arterial disease (PAD), can cause plaque to build up inside the arteries, which can reduce or block the flow of blood, oxygen and nutrients needed for wound healing.

The oxygen and nutrients that blood carries to a wound are crucial for successful healing. Prioritizing heart health is key to preventing and treating wounds.

47%

OF AMERICANS

Have at least one of three key risk factors for heart disease*

-  HIGH BLOOD PRESSURE
-  HIGH CHOLESTEROL
-  SMOKING

*https://www.cdc.gov/heartdisease/risk_factors.htm

Common wound types associated with heart disease include:

Venous Ulcers: A venous ulcer occurs when swelling, due to damaged valves of the lower leg veins, is uncontrolled. This can cause blood to pool in the ankles and fluid to leak into the surrounding tissue. This fluid breaks down the tissue, and an ulcer forms. Venous ulcers are typically found along the inside of the lower leg, below the knee.

Arterial Ulcers: An arterial ulcer is commonly caused by clogged arteries. When an artery is clogged, it decreases the blood flow, which can cause tissues to be damaged and an ulcer to form. An arterial ulcer is typically found on the lower leg or foot and is often located over the top of the toes or the ankle.

Wound care is essential: Taking care of your wound is taking care of your health. To refer a patient or schedule an appointment, call: