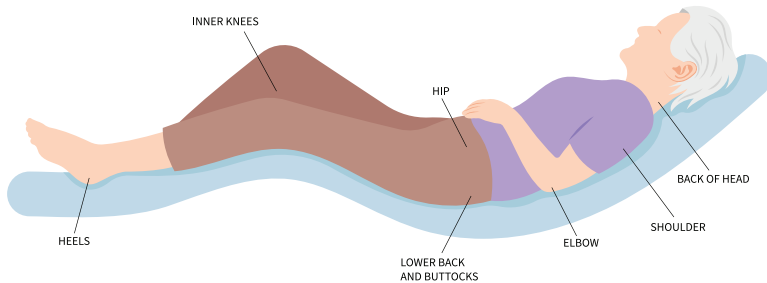


Wounds and Nutrition for Wound Healing

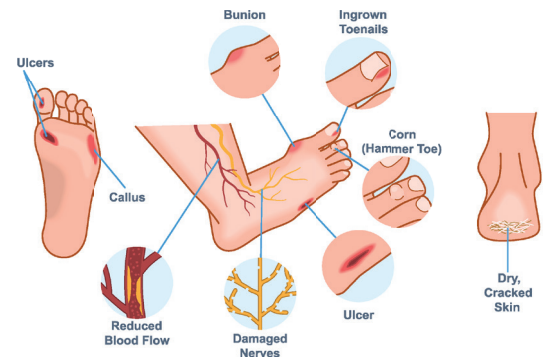
Wound: An injury to your skin that may need special care to help heal.

The most common wounds in dialysis are:

PRESSURE ULCERS



DIABETIC ULCERS



What's the difference between Pressure Ulcers and Diabetic Ulcers?

Pressure ulcers (also called bedsores):

Happen when you stay in one position for too long. The pressure cuts off blood flow to your skin, causing the skin to break down.

Where they appear: These ulcers often show up on bony parts of your body, like your hips, back, heels, or tailbone.

Best care:

- Change your position often, especially if you're sitting or lying down for a long time.
- Use soft cushions or special mattresses to protect your skin.
- Keep your skin clean and dry, and moisturize to prevent dryness.
- Eat healthy high protein food sources and drink plenty of water to help your skin heal.

Diabetic ulcers (also called bedsores):

Usually happen to people with diabetes. High blood sugar can damage the nerves and blood flow in your feet, so you may not feel a cut or sore and it can lead to a wound that doesn't heal easily.

Where they appear: These ulcers often show up on the bottom of your feet or toes.

Best care:

- Keep your blood sugar under control.
- Check your feet every day for cuts, sores, or redness.
- Keep the ulcer clean and dry, and follow your doctor's instructions for bandaging.
- Wear shoes that fit well and protect your feet.
- Eat healthy high protein food sources and drink plenty of water to help your skin heal.




Ask your doctor or dietitian about the following food recommendations to support healing your wounds:

High Protein and Calorie Sources

High protein sources


- Meat (chicken, beef, pork, turkey etc)
- Eggs
- Fish/Seafood
- Whole grains (brown rice, quinoa, whole wheat)
- Beans

 High calorie foods: Butter, Cream, Oils, Nuts


 Parenteral nutrition such as IDPN/IPN therapies

Essential Nutrients

 Vitamin C: Berries, Apples, Kiwi Peppers

 Vitamin A: Eggs, Carrots, Sweet potatoes (soaked)

 Zinc: Cashews, Beef, Eggs, Oysters

 Iron: Fortified cereals, Meat, Nuts, Sardines

If your wounds are not treated, both types of ulcers CAN GET WORSE and lead to infections. The sooner you take care of them, the better your chances of healing.

If you notice any sores or wounds, tell your doctor right away so they can help you heal quickly!