

# Healogics®

The power to heal

## HEART HEALTH & WOUND HEALING

### KNOW THE RISKS FOR ARTERIAL & VENOUS ULCERS

People living with cardiovascular disease may be at risk for chronic or non-healing wounds. Many have coexisting vascular conditions like varicose veins. Together, these conditions greatly reduce blood flow in the lower legs leading to and from the heart. Without good circulation, the oxygen and nutrients needed for healing cannot reach the wound.

Most often, these wounds form as a result of a minor injury such as a stubbed toe or bruised leg. The resulting scrape or bruise quickly develops into an arterial or venous ulcer depending on the location of the wound and the type of vascular disease affecting the area.



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## Understand the difference: arterial and venous ulcers both occur on the lower legs and feet.

It is important to get the right diagnosis because arterial and venous ulcers are treated in different ways with specific wound care options. The caring specialists at our Wound Care Centers® are trained in vascular assessment. They accurately identify these wounds and provide the right care to help them heal faster.

### Arterial Ulcers

Arterial ulcers occur when the affected area does not receive enough blood supply. The medical term for poor blood flow is ischemia, therefore these wounds are also called ischemic ulcers. They are most often found on the toes, feet, heels or ankles.

Characteristics may include:

- Pain, which may be worse when the leg is elevated
- Shiny or tight, hairless skin
- Skin that is cool or cold to the touch
- Minimum drainage from the wound
- A round wound with even edges or the look of being punched out

### Venous Ulcers

Venous ulcers occur when blood pools in the veins due to valves that are not working properly to push the blood back up to the heart. The medical term for poor blood circulation is stasis, therefore these wounds are also called venous stasis ulcers. They are most often found just above the ankle.

Characteristics can include:

- Leg pain or achiness
- Swelling in the leg, especially at the end of the day
- Discolored skin in the area above the ankle
- Uneven edges to the wound

**Check your lower legs, ankles, feet and toes for wounds daily. Take off your shoes at every healthcare appointment. Find specialized care for non-healing wounds at [www.healogics.com](http://www.healogics.com).**