

Mayo Clinic Medical Edge

Wounds and PAD

1:00

Log

Audio

| | |
|--|---|
| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE. |
| | IF YOU SCRAPE YOUR ANKLE, STUB YOUR TOE OR CUT YOUR FOOT, IT'S NO BIG DEAL, RIGHT? |
| Karen Andrews, M.D. Mayo Clinic | "MOST WOUNDS SHOULD HEAL IN FOUR TO SIX WEEKS." |
| | BUT IF YOU HAVE A CONDITION CALLED PERIPHERAL ARTERIAL DISEASE, OR P-A-D, MAYO CLINIC DR. KAREN ANDREWS SAYS THOSE SIMPLE CUTS, BUMPS AND BRUISES COULD BECOME MAJOR PROBLEMS. P-A-D IS WHEN THE ARTERIES IN YOUR LIMBS — USUALLY YOUR LEGS — BECOME NARROW OR CLOGGED, SQUEEZING OFF BLOOD SUPPLY. |

| | |
|--------------------|---|
| Dr. Andrews | "A WOUND IS GOING TO RAISE THE METABOLIC NEED. IT TAKES MORE BLOOD SUPPLY TO HEAL A WOUND THAN TO KEEP THE SKIN INTACT." |
| | THE PROBLEM CAN BE COMPOUNDED IF YOU'RE DIABETIC. DIABETES INCREASES YOUR RISK OF DEVELOPING P-A-D. PLUS, IT'S COMMON FOR MANY DIABETICS TO SUFFER NERVE DAMAGE AND LOSE FEELING IN THEIR HANDS AND FEET. MANY TIMES THEY MANY NOT EVEN KNOW THAT THEY HAVE A WOUND THAT NEEDS ATTENTION. |
| | FOR MORE INFORMATION, TALK WITH YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS. |