

American  
Heart Month 

# HEART HEALTH AND WOUND HEALING



**47%** of  
Americans have  
at least one of  
three key risk  
factors for heart  
disease\*

- HIGH BLOOD PRESSURE
- HIGH CHOLESTEROL
- SMOKING

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.

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.

\*[https://www.cdc.gov/heartdisease/risk\\_factors.htm](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.

 FOR MORE INFORMATION