

Healogics[®]
**HEART HEALTH
 MONTH**

The heart is the center of your circulatory system, and is responsible for delivering oxygen rich blood throughout the body. Coronary artery disease, peripheral arterial disease (PAD) and other issues with the heart and vessels can hinder blood flow, oxygen and nutrition to a wound. During Heart Health Month, Healogics reminds you that a healthy heart is a leading factor in wound healing.

LEARN THE FACTS AND TAKE ACTION TO AVOID CONDITIONS THAT MAY AFFECT THE HEALTH OF YOUR HEART AND PROPER WOUND HEALING



Each minute, someone in the US dies from a heart disease-related event



27.6 million Americans have heart disease



People living with diabetes are **two to four times** more likely to develop heart disease



PAD causes poor blood flow to the arms, legs, or feet and affects about **8.5 million** Americans

SYMPTOMS OF HEART DISEASE MAY INCLUDE:

- FATIGUE
- DIZZINESS, LIGHTEADEDNESS AND FAINTING
- SHORTNESS OF BREATH
- PAIN IN THE NECK, JAW, THROAT, UPPER ABDOMEN OR BACK
- IRREGULAR HEARTBEATS THAT FEEL RAPID, POUNDING OR FLUTTERING
- CHEST PAIN (ANGINA)
- PAIN, NUMBNESS, WEAKNESS OR COLDNESS IN YOUR LEGS OR ARMS
- SWELLING OF THE LEGS, ANKLES AND FEET



Venous skin ulcers are caused by poor blood circulation from the legs or venous insufficiency. Your veins have one-way valves that keep blood flowing toward the heart. In venous insufficiency, the valves are damaged, and blood backs up and pools in the vein.

Over 800,000 adults in the US have a venous ulcer right now

Each year the financial impact of venous ulcers is over **\$3 billion**

Chronic Wounds affect approximately **6.7 million** people in the US

TIPS TO LIVE A HEART HEALTHY LIFE:



Eat more color. The best way to get all of the vitamins, minerals and nutrients you need to keep a healthy heart is to eat a variety of colorful fruits and veggies.



Namaste. Healthy habits can protect you from the harmful effects of stress. Manage your stress in a healthy way by embracing things you are able to change, remembering to laugh a little and learn to “pace” instead of “race” to get things done.



Be a quitter. Smoking is a major risk factor for PAD. Smokers may have four times the risk of PAD than nonsmokers.



Get moving. Physical activity increases the distance that people with PAD can walk without pain and helps decrease the risk of heart attack or stroke.



Socks off. At your next check-up, take off your socks and tell your doctor about any problems with your legs or feet. If you have a non-healing wound, find a local wound care center near you.

For more information about how your heart health can affect wound healing, contact:

**WOUND CARE
 LOGO HERE**

[Center Name]
 [Address] [Address]
 [City, State, 00000]
 P: [000-000-0000]
 F: [000-000-0000]
 [Website.com]