Four important factors that influence wound healing:
1. As we age, wound healing becomes delayed.
2. Nutrition provides the building blocks and energy for improved wound healing.
3. Obesity causes impaired wound healing process.
4. Diabetes decreases blood flow and slows wound healing.

**Vegetables** can regulate blood sugar by providing dietary fiber, which keeps you fuller longer.

**Fruits** promote increased healing by boosting immunity. Fruits provide vitamins, minerals, and whole fruits, including the peel, provide needed dietary fiber.

**Grains** are the primary source of energy in the wound-healing process. Whole grains do not cause a quick rise in blood sugar levels and keep you fuller longer.

**Proteins** provide structure for building muscles and are important for repairing wounds. Proteins include animal (meat, poultry, seafood, and eggs) and plant sources (beans, peas, soy products, nuts, and seeds).

**Dairy** provides calcium, vitamin D, high quality protein, and potassium.
Movement

• Lower extremity amputees use more energy to move around than their peers.
• An inactive lifestyle is a major contributing factor for an increase in cardiovascular disease, hypertension, and adult-onset diabetes.
• Health benefits of daily movement:
  1. Lowers blood pressure
  2. Controls blood sugar
  3. Relieves pain
  4. Helps improve sleep
  5. Improves bone strength
  6. Reduces stress
  7. Slows the aging process
  8. Improves your mood
  9. Improves learning
  10. Improves memory
  11. Makes you feel better

Resources

Financial assistance:
• Veteran and Military discounts
  http://www.rather-be-shopping.com/blog/2014/05/29/veteran-military-discounts/
• Military and Veterans Discount Center
  http://militaryandveteransdiscounts.com/location/louisiana/new-orleans.html
• Supplemental Nutrition Assistive Program (SNAP)
  www.fns.usda.gov/snap/outreach/default.htm

Sports and Recreation:
• Paralympic sport club weekly events
  http://www.samaritanactsneworleans.org/weekly-events.html
• Wheelchair fencing
  http://www.neworleansfencersclub.com/

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