

## Jewish Hospital & St. Mary's HealthCare

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[www.jhsmh.org](http://www.jhsmh.org)

To make an appointment,  
contact the center nearest you:

**Jewish Hospital**  
Rudd Heart & Lung Center, 6th Floor  
200 Abraham Flexner Way  
Louisville, Kentucky 40202  
(502) 561-3918

**Jewish Hospital Medical Center South**  
1903 West Hebron Lane  
Shepherdsville, Kentucky 40165  
(502) 955-3253

**Jewish Hospital Shelbyville**  
727 Hospital Drive  
Shelbyville, Kentucky 40065  
(502) 647-4021

**Sts. Mary & Elizabeth Hospital**  
1850 Bluegrass Avenue  
Louisville, Kentucky 40215  
(502) 361-6200

**Clark Memorial Hospital**  
1220 Missouri Avenue  
Jeffersonville, Indiana 47130  
(812) 283-2850

**Taylor Regional Hospital**  
1700 Old Lebanon Road  
Campbellsville, Kentucky 42718  
(270) 789-0359

#### Venous Disease Related Wound Healing Care

Venous (blood vessel) disease is the most common cause of ulcers in the lower leg. The vein damage resulting from venous disease limits blood flow to the legs, preventing healing. Swelling, weeping wounds and discolored skin are signs of venous disease.

Successful treatment of wounds resulting from venous disease may depend on your compliance in following these directions:

- You may need to wear stretch support stockings to reduce swelling. These must be sized by a certified fitter. Sizing should be done in the morning for an accurate fit.
- Don't stand or sit for long periods of time, as this causes blood to pool in the legs.
- Do not scratch your legs. Ask your doctor or nurse for suggestions if your legs itch.
- Elevate your legs frequently by sitting in a recliner or using a footstool.
- Clean and dress the wound as instructed.
- Avoid smoking and excessive alcohol.



Healing Wounds,  
Bettering  
Lives

## Our Expert Medical Staff Understands That Wound Healing Care Goes Beyond Just the Physical.

At Jewish Hospital & St. Mary's HealthCare, we know that wounds can hurt in more ways than one, especially when they limit your ability to do what you love. Our wound healing care specialists minimize the pain by custom-designing the ideal treatment plan for you.

### Care For A Variety Of Conditions

Whether you have an acute wound, traumatic wound or a chronic non-healing wound such as a diabetic ulcer, arterial ulcer, pressure ulcer or venous ulcer, we can develop a treatment plan to help. Our medical staff is experienced in the treatment of other wound-causing conditions including osteomyelitis and fasciitis.

### A Multitude of Diagnostic and Treatment Options:

- Special dressings
- Lab tests
- X-rays
- Vascular studies
- Wheelchairs, crutches or other assistance devices
- Physical therapy
- Nutritional counseling
- Surgery
- Hyperbaric Medicine

Don't let your wound interfere with your enjoyment of life. Come to Jewish Hospital & St. Mary's HealthCare, where wound care is a specialty.

### Conditions Which May Benefit from Effective Wound Healing Care:

- Acute Wounds
- Surgical Wounds
- Osteomyelitis
- Fasciitis
- Chronic Non-Healing Wounds such as:
  - Arterial Ulcers
  - Diabetic Ulcers
  - Pressure Ulcers
  - Venous Ulcers
  - Traumatic Wounds

## Specialized treatment for the most common chronic non-healing wounds

### Diabetic Foot Ulcer Care

Because diabetes damages blood vessels and nerves, people with this disease can easily develop infections and wounds, particularly in the lower extremities. These wounds can be difficult to heal due to a lack of blood flow to the area.

Treatment for a diabetic foot ulcer may involve surgically removing dead tissue and nearby calluses. This keeps the infection from spreading and speeds healing.

People with diabetes should examine their feet regularly and do everything possible to avoid injuring them.

### Pressure Ulcer Care

Pressure ulcers can develop when pressure is put on soft tissue for an extended period of time. They commonly occur on the buttocks, tailbone, hip and heel, especially in people whose movement is restricted. These wounds are slow to heal, often requiring months of care.

You can help the wound heal by not putting pressure on it. It's also important to eat a healthy diet (good nutrition promotes healing) and keep the wound clean and bandaged.

Prevent pressure areas on other parts of your body by keeping an eye on areas that are regularly subject to pressure.

### Key steps to a faster recovery include:

- Monitoring other pressure areas on your body to prevent additional red areas
- Keeping wounded areas clean and bandaged. Moist wounds tend to heal quicker
- Helping the wound heal and prevent further injury by keeping the wounded area free of pressure whenever possible
- Following a nutritious diet plan is as good nutrition supports the body's ability to heal

Plan to see your health care provider on a regular basis to check your progress. It can take weeks or months for pressure ulcers to heal.

Helping You  
Get Past the Healing

and Back to

Living

**Jewish Hospital &  
St. Mary's HealthCare**

