

**Mayo Clinic Medical Edge**

**Wounds & P-A-D**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	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?
<b>Karen Andrews, M.D. Track 2 (:20)</b>	"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 NARROWED OR CLOGGED,

	SQUEEZING OFF BLOOD SUPPLY.
<b>Dr. Andrews</b> <b>Track 2 (1:32)</b>	“A WOUND IS GOING TO RAISE THE METABOLIC NEED. IT TAKES MORE BLOOD SUPPLY TO HEAL A WOUND THEN 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 NEED ATTENTION.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.

