CRMC Wound Care & Hyperbaric Clinic Celebrates Nutrition Awareness Month

Coffee Regional Medical Center provides nutritional assessments and advises a healthy diet for patients to heal wounds more quickly

Douglas, GA – During Nutrition Awareness month, the staff at CRMC Wound Care & Hyperbaric Clinic are emphasizing the value of good nutrition and advising their patients to eat balanced meals to speed wound healing.

Though often overlooked as a factor in wound healing, good nutrition is an extremely important part of the healing process. Wounds must be well-fed to heal, requiring increased amounts of calories, protein, water and specific vitamins and minerals.

“Because nutrition is so vital to wound healing, nutritional assessments are an important part of what we do,” said Tracy Martini, NP-C. “Poor nutrition before or during wound healing may slow or delay the rate of wound healing.”

CRMC Wound Care & Hyperbaric Clinic works in conjunction with a patient’s primary care provider to create an ongoing plan for improvement and recommend dietary plans to promote healing. CRMC Wound Care & Hyperbaric Clinic also recommends that patients:

- eat balanced meals that include the right amount from each food group.
- include plenty of fruits and vegetables in each meal.
- stay well-hydrated throughout the day to ensure vitamin and mineral absorption.

CRMC Wound Care & Hyperbaric Clinic at Coffee Regional Medical Center provides a comprehensive approach to treating patients with non-healing wounds. The team features clinicians with advanced training in wound care and hyperbaric medicine.

CRMC Wound Care & Hyperbaric Clinic at Coffee Regional Medical Center is open Monday thru Friday. For more information about wound care or to schedule an appointment, call 912.720.7002 No referral is required.

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