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Alternative Therapies -- 21. Surgery For Chronic Wound Treatment: When Cutting Can Heal -- Part Eight: Wounds In Specific Populations And Conditions -- 22. Nervous System Damage: Spinal Cord Injury, Spina Bifida, and Multiple Sclerosis -- 23. Healing Challenges and The Older Person -- 24. Children And Teenagers -- 25. Wounds In Dark Skin -- 26. Wounds And Excess Weight -- 27. Solutions To Stoma Struggles -- 28. Living With An Amputation -- 29. The Wounds Of War -- 30. Wounds And Cancer -- 31. Wounds In The Dying: When Comfort Comes First -- Part Nine: Beyond The Wound -- 32. Eating Well: The Healing Potential Of Food -- 33. Exercise For Wound Healing -- 34. Pain: The Burden Of Suffering -- 35. Skin Problems That Coexist With Wounds -- 36. Emotional Aspects Of Wound Healing: When The Wound Is More Than Skin Deep -- 37. Care For The Caregiver: Beating The Burnout -- 38. Online Medical Resources: How To Separate Clever Advertising From Effective Medicine -- 39. Payment And Reimbursement Issues: Who's Picking Up The Check -- Glossary Of Terms -- Wound Cleansers And Dressings -- The Wound Patient's Bill Of Rights -- Additional Resources -- References -- Index

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### Sommario/riassunto

Seven million Americans suffer from chronic or slow-healing wounds—this number includes people with diabetes, dementia, paralysis, spinal cord injury, multiple sclerosis, and poor circulation, as well as the elderly and those with reduced mobility. *Healing Wounds, Healthy Skin* provides patients and caregivers with everything they need to know on the subject, including: Why chronic wounds develop and who is at risk of developing them What "normal healing" is What the different types of wounds are, including those associated with chronic disease How to find appropriate care and get a correct diagnosis What role exercise and nutrition play in treatment and prevention What treatment options are available, from surgery to alternative therapies Also covered are the patients' psychological and emotional experiences, myths about wounds and wound healing, steps to take in an emergency, and a wound patient's bill of rights. With up-to-date information, insightful patient case histories, and a wealth of essential resources, this is the book that chronic wound patients and their caregivers can turn to with confidence.

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