



### Steps to help with vascular insufficiency:

- quit smoking
- keep physically active
- take all your prescribed medications
- vascular surgery may be an option

## Vascular Insufficiency

*Blood is pumped throughout the body to provide all tissues with the oxygen and nutrients they need to survive, while removing wastes. Arteries are the vessels that move blood from the heart to the body. As people age, or if they have certain diseases (such as diabetes), the ability to pump blood to all tissues diminishes. This can be caused by a weakened heart or narrowing of the arteries.*

For people with diabetes who have a wound due to an injury, vascular insufficiency can prevent wounds from healing. This is because insufficient blood is reaching the wound to help it heal. Vascular insufficiency can also create a wound: if the blood flow is too poor to provide enough oxygen and nutrients to the wound and remove wastes, the tissue starts to die and that area thus becomes a wound.

Here are some steps you can take to prevent vascular insufficiency.

### Lifestyle changes

- Smoking cuts off blood supply to tissues, so quitting smoking is one of the most important ways you can prevent vascular insufficiency. Your family doctor can discuss medications and suggest support programs to help you quit smoking.
- Talk to your family doctor about how active you should be.

Sometimes, walking can help improve the blood circulation in your legs.

- Make sure you take all the medications that you have been prescribed.

### Medication

- Medications, such as those that lower your cholesterol, can prevent further narrowing of your arteries.

### Vascular surgery

- For people with severe vascular disease, surgery may be an option. However, you must be healthy enough to undergo surgery and the surgeon must believe that surgery will help your condition.

Vascular insufficiency can create challenges in your life or in the life of your loved one. Working with your healthcare team will allow you the best chance of living a full, active and healthy life.

For more helpful information on foot care, please visit [www.cawc.net/index.php/public/feet](http://www.cawc.net/index.php/public/feet)

