

How Does Hypertension Affect Pressure Ulcers?

Pressure ulcers or pressure sores or bed sores are injuries to the skin and underlying tissue that occurs due to prolonged pressure on a particular part of the body, especially on the bony parts such as Heels, Elbows, and base of the spine, etc.

It most commonly occurs in patients who spend most of their time in one place. For example, bedridden or confined to a wheelchair or people with other mobility issues, etc. It can develop over hours or days. If they are left untreated, it can lead to severe medical complications such as Infection, Amputation, etc.

Are You Suffering From Any Of These Symptoms?

Here are the warning signs of pressure wounds:

- Pain or itchiness in the affected area
- Skin discoloration
- Swelling
- Bad odor or drainage from the wound
- An area of the skin feels cooler or warmer to touch than other areas
- Redness of the skin
- Sores on the back, hips, buttocks, etc.

If a patient notices any of these symptoms, he/she should [schedule a bedside appointment](#) with a wound doctor.

What Causes Pressure Ulcer?

Pressure wounds are caused by continuous pressure against the skin that disrupts the blood flow to the skin and makes the skin vulnerable to damage and leads to the development of a pressure ulcer. Here are the primary contributing factors:

- **Pressure** - As [pressure ulcer Ventura County](#) says, constant or prolonged pressure on any part of the body against a surface such as a Wheelchair or a bed affects the blood flow in

that particular part. Due to this, oxygen and other nutrients could not reach tissues which lead to skin damage.

- **Friction** - It occurs when the skin is dragged or rubbed against a surface. It can make the skin fragile & more vulnerable to injury, especially if the skin is moist
- **Shear** - When two surfaces move in the opposite direction such as when you are sliding down in a bed, shear occurs.



Does Hypertension Affect Pressure Ulcers?

It may surprise you to know that certain conditions have an inverse relationship to pressure ulcers. For example, Hypertension, etc.

Hypertension is known as high blood pressure which is simply a measurement of how your body has to work to pump and circulate blood through the arteries. There are no symptoms of high blood pressure, however, a severe condition can lead to headaches, fatigue, weakness, poor vision, and even nausea or vomiting. If the symptoms go unnoticed, it can lead to heart failure.

It is normal for blood pressure to rise & fall throughout the day but when this happens, our veins and arteries struggle to carry sufficient oxygen and enough blood from our hearts to other parts of the body. But how does it affect wound healing of pressure sores?

Let's understand it this way. Wounds require proper blood flow, oxygen, and circulation to accelerate the recovery process and avoid infection. But when the blood pressure is high, there is a blockage for the oxygen and ultimately, tissues die. As a result, a wound with a minor injury doesn't heal as quickly.

While hypertension may not directly cause [pressure ulcers](#), it affects oxygen flow throughout the body which is essential for wound healing. Therefore, high blood pressure and wound healing do not go together.

How Can I Manage High Blood Pressure?

You can consult with [pressure ulcer treatment Los Angeles](#) to find ways to control or manage your high blood pressure. Some of these ways are here as follows:

1. **Lose Weight** - If you are overweight, you need to lose it as obesity is one of the most common reasons for hypertension. Start exercising. It is not necessary to do a heavy workout. You can go for a walk or move your body parts to promote blood flow throughout the body. It helps reduce hypertension, especially recommended for people with [pressure ulcers](#).
2. **Maintain Healthy Diet & Drink Adequate Water** - Cut down your consumption of caffeine, alcohol, smoking, and other stimulants. Maintain a healthy diet rich in protein & fibers. Include fresh fruits & vegetables especially leafy greens like spinach etc. Unhealthy foods can constrict blood vessels, and increase blood pressure. Apart from this, drink lots of water to keep yourself hydrated.
3. **Cut Back on Salt** - An extreme amount of salt & sodium in your bloodstream can increase blood pressure and stress on veins.
4. **Quit Smoking & Alcohol** - Nicotine & alcohol are responsible for increasing blood pressure and heart rate. It can cause arteries to tighten up and lead to complications.
5. **Manage Stress** - We understand that suffering from [chronic wounds](#) can be a painful & frustrating experience but it can also lead to high blood pressure due to increased stress levels. Try to keep yourself calm. Do meditation or yoga etc.

Knowing the best cure for your chronic wounds is significant to ensure their overall recovery. At [wound care treatment California](#), the experienced team of doctors, nurses & physicians create a customized treatment plan that is focused on an individual's overall recovery. The **wound healing experts** offer advanced solutions to treat & prevent **chronic wounds**.

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