

Nutritional Support to Help You Heal.

A Wound Healing Journal
With Tips on Nutrition



Complete Details and
Product Coupons Inside.

 **Abbott**
A Promise for Life

Why do I need extra nutrition now?



With all you're going through, it's easy to overlook an important ally in your healing process: good nutrition. Research tells us there's a strong relationship between nutrition and healing. Eating well is a good start, but many times it's only a start.

You may require extra calories, protein, vitamins, and minerals, as well as adequate fluids, to help maintain hydration to support circulation and delivery of nutrients.

Slow healing wounds such as diabetic foot ulcers, pressure ulcers, surgical incisions, leg ulcers and radiation burns put so much added stress on the body that medical nutritional supplements may be needed.

Nutrition Component	Role in Wound Healing	Recommendation
Calories	Energy source to preserve lean body mass	11–16 calories per lb. per day $(11-16 \text{ cal}) \times \text{_____ lbs.}$ $= \text{_____ cal per day}$
Protein	Tissue maintenance and repair to build lean body mass	0.5g – 0.7g protein per lb. per day $(0.5g-0.7g) \times \text{_____ lbs.}$ $= \text{_____ g protein per day}$
Vitamins & Minerals	Supports growth of new tissue	Consider a multivitamin/mineral supplement if not eating enough foods
Amino Acids	Arginine – improves blood flow Glutamine – supports building new tissue	Consider 14g Arginine and 14g Glutamine per day
Revigor™ (CaHMB) (Source of HMB, an amino acid metabolite)	Produces new tissue by slowing muscle breakdown and enhancing protein synthesis	Recommend 3g Revigor per day

Recommendations from my Healthcare Professional.

Based on your unique nutritional needs,
I recommend the following:

___ **ENSURE**® _____ Servings Per Day For ___ Days

___ **GLUCERNA**® _____ Servings Per Day For ___ Days

___ **NEPRO**® With Carb Steady® _____ Servings Per Day For ___ Days

___ **JUVEN**® _____ Per Day For ≥ 14 Days*

Order Home Delivery:

1.800.986.8502 OR www.abbottstore.com





**FREE
SHIPPING**

Juven and Nepro are available at select retailers.
Ensure and Glucerna are available nationwide.

* Clinical studies have shown collagen formation in as little as two weeks of Juven



For years, Abbott Nutrition has given patients like you a place to turn for the added nutrition you need. Our products include:

-  **Ensure®:** Provides 24 essential vitamins and minerals to help you take charge of your nutrition.
-  **Glucerna®:** Helps patients with diabetes manage blood sugar levels.
-  **Nepro® with Carb Steady®:** Specially designed to meet nutritional needs of patients on dialysis.
-  **Juven®:** The only specialized nutrition that provides key nutrients that help build new tissue. Building new tissue may help to repair skin after injury, surgery and wounds.



Use under medical supervision

How to track my progress.

Using a ruler, make length and width measurements; use an up-and-down measurement for length and a left-to-right measurement for width. Also, if you can approximate the greatest depth of your wound, it will help your Healthcare Professional better assess your progress.

Measurement	Weight	Length	Width	Depth	Pain 0 – 10*	Nutrition Supplement Y or N
Date:						
Date:						
Date:						
Date:						
Date:						
Date:						
Date:						

* 0 = no pain, 10 = unbearable pain

My
Notes

	Measurement	Weight	Length	Width	Depth	Pain 0 – 10*	Nutrition Supplement Y or N
Date:							
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* 0 = no pain, 10 = unbearable pain

**My
Notes**

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How can I get the extra nutrition I need to help my healing process?

In order to heal a wound, your body needs the right amount of calories and protein every day. Think of calories as fuel for your body just like gasoline is fuel for your car. Without enough fuel, your body — and your car — can't run properly. Protein, carbohydrate and fat are the three macronutrients that make up your total daily calories. Protein is found in every cell of the body. It is a major part of your skin, organs, muscles, and glands. In order to heal your wound, your body must have enough protein each day to rebuild itself.

Tips to get the calories and protein you need:

- When you cook, prepare and freeze extra portions to always have a meal on-hand.
- Drink high-calorie beverages like fruit juice, milk shakes, or milk.
- Carry high-calorie, easy-to-pack snacks like dried fruits and nuts.
- Cook casseroles, mashed potatoes, soups and hot cereals with non-fat dry milk powder.
- Keep hard boiled eggs on hand.

If you're unable to eat enough, add Ensure®.

Ensure provides calories, protein and 24 essential vitamins and minerals to help you take charge of your nutrition.

These important vitamins and minerals — including folate, calcium, iron and B vitamins help:

- Build and repair tissue
- Support bone and muscle health
- Keep your energy up

Great-tasting flavors.

Ensure is available nationwide and comes in a variety of delicious flavors including:

- Rich Dark Chocolate
- Creamy Milk Chocolate
- Strawberries & Cream
- Butter Pecan
- Vanilla
- Homemade Vanilla
- Coffee Latte

Ensure is gluten-free, a good source of fiber and suitable for people with lactose intolerance.

If you'd like to find out more, go to www.ensure.com.



Once you're on the path to good nutrition, talk to your doctor about adding Juven® to support building tissue.

**Calories
& Protein**

I need extra nutrition to help me heal but I need to think about my diabetes, too.

If you have diabetes, you already know how important good blood sugar control is to keeping your heart, eyes and kidneys healthy. But did you know it's also important to keep your blood sugar in control when you have a wound? With high blood sugar, you're at greater risk for wound complications and infections which may be due in part to less oxygen and blood flow to your wound. This may affect a wound's healing time.

Tips for managing blood sugar while getting enough calories and protein:

- Eat at regular times. Don't skip meals.
- Include protein at every meal.
- Select cereals, breads, and pastas made from whole grains.
- Read package labels and look for foods high in fiber.
- Choose whole vegetables and fruits over juices, which have most of the fiber removed.
- Prepare raw vegetables ahead of time for quick snacks.
- Keep fruit in a bowl on the table or cut up in the refrigerator.

Glucerna® — the #1 doctor-recommended liquid nutritional product for people with diabetes*.

Glucerna is specially formulated to provide supplemental nutrition.

- Unique blends of carbohydrates help minimize blood sugar spikes.
- Specially formulated to help meet ADA Nutrition Recommendations** and help lower A1C levels when used as a part of a diabetes management plan.

Choose cereal, bars or shakes to fit your specific meal plan.

Besides helping you manage your blood sugar, Glucerna also helps you manage your schedule. Enjoy Glucerna Cereal for breakfast. At lunchtime, maybe a Glucerna Bar and a sandwich. Creamy Glucerna Shakes or Glucerna Snack Bars taste great and are ideal bedtime snacks. Portion-controlled bars and shakes help you manage your caloric intake, too. Glucerna is available nationwide.

For more information please visit www.glucerna.com.

Use under medical supervision.

*Among doctors who recommend liquid nutritional supplements to their patients with diabetes.

**For protein, saturated and trans fats, and types of low glycemic carbohydrates.



Once you're on the path to good nutrition, talk to your doctor about adding Juven® to support building tissue.

Managing
Your Blood
Sugar

I'm on dialysis. What's the best way to get the added nutrition I need?

Your dialysis treatment takes excess waste and fluid out of your body — like your kidneys would. To keep wastes from building up, it is important to watch what you eat between dialysis treatments.

Choosing healthy foods, with your dietitian's assistance, helps lower these wastes and may make you feel better between treatments.

Tips for feeling your best while helping your wound heal:

- Ask questions. Understand your diet restrictions.
- Eat properly even if you don't feel like eating.
- Choose high quality proteins (lean meats, poultry, fish and egg whites).
- Limit foods high in sodium, potassium and phosphorus.
- Monitor your fluids.

Nepro® with Carb Steady® — specially designed to meet nutritional needs of people on dialysis.

Nepro helps you get back the protein and other nutrients you may lose during dialysis or that may be missing from your diet. It provides the nutrition you need to help support you during your healing.

Nepro with Carb Steady

Use Nepro with Carb Steady if you are too tired after dialysis to make yourself a meal, have lost weight without trying, or need a quick and easy meal replacement.

- High in protein
- Low in phosphorus, potassium and sodium
- Helps raise and maintain albumin levels
- Contains Carb Steady, a carbohydrate blend designed to help manage blood sugar levels

Find Nepro:

- Abbott Store: www.abbottstore.com
1.800.986.8502
- Pharmacy section at select retail partners (Walgreens, H.E.B. and Rite Aid)

Use under medical supervision.



Once you're on the path to good nutrition, talk to your doctor about adding Juven® to support building tissue.

**Kidney
Health**

My nutrition's been good, but I still haven't healed.

Sometimes the stress of the wound on the body can cause you to lose weight, especially muscle.

Maintaining muscle and organ tissue is vital for normal healing, and proper nutrition plays an important role. Without adequate nutrition, muscle may be used for calories by the body, potentially causing you to lose weight and energy. When your body uses protein for calories, it loses muscle, and you may be more at risk to get an infection.

Even if your weight stays the same, your body may still be breaking down muscle for energy. Loss of muscle and organ tissue can make it harder for you to stay active and heal. The effects of muscle loss are serious and can affect quality of life.

Following a proper diet with the nutritional tips or supplements mentioned earlier is essential, but sometimes increasing calories and protein are not enough. This is when Juven may help.

Juven® — key nutrients to support building tissue.

Juven's unique blend of Revigor™ (source of HMB, an amino acid metabolite), Arginine, and Glutamine — naturally existing in the body — is clinically shown to begin to support building new tissue in as little as two weeks.¹

Revigor — an ingredient clinically shown to protect your muscle cells, preserve and maintain muscle tissue, and promote muscle growth^{2,3}

Arginine — an amino acid that promotes nutrient-rich blood flow and is a building block for proteins which can contribute to healing

Glutamine — an amino acid that helps cells produce the building blocks needed for new tissue

Available in: Orange, Grape and Unflavored

To find out more, go to www.juven.com.

Use under medical supervision and as part of a complete balanced diet.

1. Williams JZ, et al. *Ann Surg* 2002, 236–369–375.

2. Vukovich MD, Stubbs NB, Bohlken RM. Body composition in 70-year-old adults responds to dietary β -hydroxy β -methylbutyrate similarly to that of young adults. *J Nutr.*2001;131:2049-2052.

3. Flakoll P, Sharp R, Baier S, et al. Effect of β -hydroxy- β -methylbutyrate, arginine and lysine supplementation on strength, functionality, body composition, and protein metabolism in elderly women. *Nutrition* 2004;20:445-451.

**Hard
to Heal
Wounds**

Results you can expect with Juven.[®]

Keep in mind that the length of time it takes your wound to heal depends on the condition of your skin and your involvement in your wound care treatment plan, including nutrition.

How To Use Juven:

- Drink two packets per day in 8–10 oz of water or juice.
- Follow a comprehensive wound care plan provided by your healthcare professional.
- Follow a complete and balanced diet to provide adequate nutritional support.
- Maintain your visits with your local wound clinic.

At two weeks, Juven has been clinically shown to begin to support building tissue at wound site.*

*Williams JZ, et al. Ann Surg 2002, 236–369–375.

Where to find Juven:

- Abbott Store — FREE SHIPPING and \$5 off (promo code WPSK10)
www.abbottstore.com | 1.800.986.8502
- Pharmacy section at select retail partners
(H.E.B., Stop 'n Shop, Giant, Rite Aid and Publix)



Publix.

Look for us soon in *Walgreens*



Hard
to Heal
Wounds

Get started, get saving.

**Order Ensure[®], Glucerna[®], Nepro[®] and Juven[®]
direct from Abbott Nutrition and receive
FREE SHIPPING.**

Go to: www.abbottstore.com
or Call: 1.800.986.8502



**Headed to the store? Clip and use the
coupons below to save on your next purchase
of these Abbott Nutrition products.**

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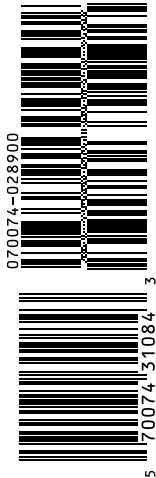
\$2.50 OFF

any one (1)
Ensure® Product



Use under medical supervision.

LIMIT 1 COUPON PER TRANSACTION. Coupon void if altered, copied, sold, purchased, transferred, exchanged, taxed, restricted or prohibited by law. Good only in the USA, its territories, and possessions. Cash value 1/100¢. **Retailer:** Abbott Nutrition will reimburse you for the face value of this coupon plus 8¢ handling when submitted in compliance with Abbott's redemption policy (copy available upon request). Retailers and authorized clearinghouses send to CMS Dept 70074, ABBOTT NUTRITION, 1 Fawcett Drive, Del Rio, TX 78840. **Attention Pharmacists and Retailers:** Coupon not valid for product reimbursed, in whole or in part, under Medicare, Medicaid or similar government programs. In Massachusetts, coupon not valid for product reimbursed, in whole or in part, by any third party payer.



MANUFACTURER'S COUPON | EXPIRES 3/31/2011

\$2.50 OFF

any one (1)
Glucerna® Product



Use under medical supervision.

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MANUFACTURER'S COUPON | EXPIRES 3/31/2011

\$5 OFF

any one (1)
Nepro® Product



Use under medical supervision.

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MANUFACTURER'S COUPON | EXPIRES 3/31/2011

\$5 OFF

any one (1)
Juven® Product



Use under medical supervision.

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