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New Guidance Highlights the Importance of Nutrition to Support People Living with Diabetes and Foot Ulcers

- A multidisciplinary team of medical professionals developed guidance for healthcare professionals outlining the importance of nutrition therapy to support wound healing for foot ulcers
- The guidance provides expert consensus regarding how nutrition from arginine, glutamine, hydroxymethylbutyrate (HMB), and micronutrients can help improve wound-care therapy for people living with diabetes who are more likely to develop foot ulcers

ABBOTT PARK, Ill., Feb 9, 2022 – Today, guidance endorsed by the American Limb Preservation Society, entitled [Nutrition Interventions in Adults with Diabetic Foot Ulcers](#),¹ was released highlighting the impact of nutrition-focused therapy in wound healing for adults living with diabetes who experience diabetic foot ulcers (DFU).

The development of this guidance was the collaborative effort of a multidisciplinary team of medical professionals including—a podiatrist, registered dietitian, vascular surgeon and general/plastic surgeon. As a leader in science-based nutrition, Abbott supported the printing and distribution of this new guidance and has a long track record of research in wound-care therapy.

"The guidance reinforces nutrition therapy, which is an often-overlooked part of wound care that can help provide patients with early and aggressive intervention," said David G. Armstrong, M.D., guidance co-author, founding president of the American Limb Preservation Society, professor of surgery at Keck School of Medicine of University of Southern California and a part of Abbott's speakers bureau. "When clinicians take the time to engage with patients in a meaningful exchange of information and help manage glucose levels, quality of life and adherence are improved."

In the U.S., more than 30% of people living with diabetes are at risk for developing a foot ulcer.² Healing from DFU requires proper nutrition. This guidance highlights that when patients receive nutrition education and are treated with nutrition intervention, they can incorporate the right nutrients in their diet to support the wound-healing process.

Proper diet alone may be insufficient for patients to experience optimal healing for wounds, including diabetic foot ulcers. Ensuring sufficient hydration, protein, calories, and micronutrients like amino acids, vitamins and minerals, as well as tracking daily glucose targets, better supports the wound-healing process and allows patients to generate new tissue at the wound site.

"Historically, nutrition guidance to help support the healing of foot ulcers in people with diabetes has been limited," said Maritza Molina, guidance co-author and registered dietitian nutritionist. "Patients with diabetes may develop a series of health issues over time if their diabetes is not well controlled. Glycemic control is the first and foremost goal, making medical nutrition therapy an important part of diabetes management."

The guidance states that if someone cannot meet estimated nutrient needs with diet alone, targeted nutritional therapy is recommended. Oral nutritional supplements can be an option

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for supplying the nutrients necessary to support optimal wound healing. The guidance calls out key nutrients, many of which are found in Abbott's **Juven**[®]. Juven is a targeted therapeutic nutrition powder with conditionally essential nutrients shown to support wound healing in patients with inadequate nutrition, such as those with wounds (like foot ulcers), surgical wounds, burns, and pressure injuries. When taken twice daily, Juven has been clinically shown to support wound healing by supporting collagen production in as little as two weeks.^{3*}

While primarily serving as guidance for clinicians, this tool is also a resource for people living with diabetes and stresses the importance of nutrition education, regular screening for nutritional deficiencies, and the importance of working with their healthcare team to create an individualized care plan.

This guidance aims to serve as an educational tool, not as a stand-alone resource. Patient care and treatment should be made by healthcare professionals based on a patient's specific situation. This educational resource was produced and published with support from Guideline Central. For more information, please visit Guideline Central [here](#).

About American Limb Preservation Society

The goal of the American Limb Preservation Society (ALPS) is to serve as an interdisciplinary bridge between varied groups and organizations with respective roles to play in lower limb preservation. ALPS does so by helping advance science, clinical care, and advocacy of limb preservation. Further, ALPS works to identify, develop, and mentor the next generation of clinicians, scientists, and clinical scientists in this field. For more information, please visit ALPS [here](#).

About Guideline Central

Guideline Central is dedicated to providing healthcare professionals with evidence-based clinical decision-support tools that are current, practical, and easily accessible. Guideline Central partners with over thirty-five medical societies and government agencies to provide quick-reference tools that physicians can rely on for credible guidance in the management of a medical condition.

About Abbott

Abbott is a global healthcare leader that helps people live more fully at all stages of life. Our portfolio of life-changing technologies spans the spectrum of healthcare, with leading businesses and products in diagnostics, medical devices, nutritionals and branded generic medicines. Our 113,000 colleagues serve people in more than 160 countries.

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¹ The term "diabetic foot ulcer" is used in the guidance; however, the phrase should be avoided with patients. Instead, use "foot ulcer."

² <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm>

³ Jones, et al, Surgical Infections, 2014.

*In patients with diabetic foot ulcers, taking 2 servings per day, as measured by hydroxyproline levels.