

058-OMDPodcast-Microstim-for Pain of-Chronic-Wounds

Carlyle

Welcome to the Organic MD podcast with Dr. Damon Miller. This is Carlyle Coash. How are you doing today Dr. Miller?

Dr. Miller

Well, thank you, Carlyle, thank you for asking. I am doing well today. ~~It~~ It is a nice day outside. Starting to get cold ~~actually~~ here, we might actually be having a hard freeze. I worry about my banana tree. Do not worry, the banana tree will be okay. No banana trees have to die for us to make this podcast

Carlyle

Good, good. I am going to worry now about the banana tree

Dr. Miller

Okay, we will send it prayers.

So, this is the second in a series of podcasts that we are doing, talking about the micro stim microcurrent stimulator. Today, I wanted to talk about a use for this technology that, again, may not be all that common, but it has been well documented in peer reviewed literature. It helps explain some of the things that the microcurrent stimulation technology can do. We are going to be talking about the use of this technology ~~and~~ dealing with the pain and discomfort that come with chronic non-~~healing~~ wounds.

Where might you see chronic non-~~healing~~ wounds? We are going to talk about three things, and they are all rather similar. In diabetes, people with advanced diabetes, ~~they~~ get poor circulation. Most of the secondary complications of diabetes, in fact, are due to poor circulation here and there. ~~poor~~ Poor circulation in the vessels to the kidney cause kidney problems. Poor circulation in the vessels of the heart, cause heart problems. Poor circulation in the distal circulation, especially in the legs and feet, can lead to the formation of wounds that do not heal well.

~~They~~ nick ~~themselves~~. ~~Usually~~, it starts with ~~they~~ getting a bruise or ~~they~~ get a cut or something, and it just does ~~n~~'ot heal. ~~And~~ ~~it~~ forms a sort of alter ulcer and non-~~healing~~ wound. The

same thing you can see in vascular problems for other reasons. ~~Somebody~~ has advanced atherosclerotic disease that ~~is~~ affecting the vessels in their legs. ~~And~~ they can get the same thing. ~~They~~ can get non-healing wounds due to the poor circulation. ~~And~~

Carlyle

~~I was just, I was just gonna say, I have~~ I've seen that a lot in my work in hospice. ~~If a person, if we~~ had things going on, including diabetes, and the ~~ir y just their~~ body is weakened as well. ~~So~~ the whole system is ~~kind of~~ more compromised. ~~And~~ the pain and discomfort from those is sometimes overwhelming for people. ~~Well, yeah~~

Dr. Miller

~~And then there is.~~ The other thing that I ~~will~~ ~~just~~ throw in here, which can also be a problem, is what are called pressure ulcers. ~~In other words, and other~~ people who ~~ha~~'ve been paralyzed, or who are so sick, that they ~~a~~'re ~~just kind of~~ stuck in bed. ~~and~~ ~~they~~ ~~a~~'re not being moved, ~~around~~ properly, ~~moved around, and~~ they lay too long in one position, and they get a stressor or a pressure ulcer. ~~and then~~ ~~those~~ are very slow to heal ~~and~~. ~~And can~~ actually... ~~I mean, I, in~~ my medical training, I saw a number of people, ~~you know, wv~~orking as an intern, where they were ~~not n't~~ my patients, but ~~people that~~ the sort of thing that brought them down that ended their life were bad pressure ulcers they ~~got in ve gotten in~~ a nursing home or something like that

Carlyle

Yeah, it ~~is doesn't take.~~ ~~It's~~ amazing how little it takes for them to start, and how hard it is to resolve them

Dr. Miller

Right. ~~And so, if, you know,~~ stay tuned, because in just a minute, we ~~a~~'re going to be talking about how this can help with those. ~~and~~ ~~the final, the final kind of~~ chronic wound, which is a little rare, but this is such a great technology that ~~it's just~~ we need to mention it here, and that ~~is~~'s the non-healing wounds that come if you ~~ha~~'ve been bitten by a brown recluse spider.

The brown recluse spider is found pretty much all over the United States they tend to be ~~in and, you know,~~ leaves by the house, woodpiles, ~~and~~ debris. ~~They are, they're~~ small, hard to see, ~~and~~ they have a little violin on their back. ~~And~~ ~~they~~ do ~~not n't~~ hurt when they bite you, usually, but they inject a

venom. ~~And that~~ That venom causes a ~~sort of~~ little local area where circulation shuts down, the tissue becomes necrotic, ~~and~~ ~~And~~ those can ~~those can~~ take months to heal without any kind of proper intervention. ~~It and~~ can actually require surgery to ~~you know, the~~ breed the area and really help them get rid of that non-healing skin ~~by and doing~~ skin grafts, ~~and they~~ so it can be a mess. ~~b~~ Brown recluse spider bites can be a mess. ~~So w~~

Where does microcurrent stem play ~~in~~ ~~med~~ all of this? Well, all of these things are painful. ~~A~~ and microcurrent stimulation is a great, great therapy to help deal with the pain, while other things are being done to heal these injuries. ~~But there's~~ There is some data that the microcurrent stimulation may actually contribute to the healing itself. ~~And t~~ I there have been studies that show, ~~that~~ especially in the lower extremities, the application of microcurrent stimulation leads to improved and increased circulation ~~in~~ in the area that ~~i~~ s treated.

~~t~~ The application of microcurrent stimulation has been shown to increase the production of ATP, adenosine triphosphate, which is basically the fuel that powers your cells. self. ~~So the fuels, t~~ The cells have more energy, and more gas, basically, to do the work that ~~i~~ s needed for healing. ~~So~~ the microcurrent stimulation probably helps with that. ~~And t~~ I there have actually been studies, especially when you talk about these common things, like the diabetic pressure ulcers, that show accelerated healing, and improved healing. ~~m~~ Meaning healing happens faster, better, more completely, if microcurrent stimulation is included as one of the therapies in trying to address these injuries.

~~So you know, t~~ I these are common things, ~~w~~ Waiting just for the body to heal them, often is enough, but because they have all of these things that we ha've mentioned, the pressure ulcers, ischemic ulcers, diabetic ulcers, all sorts related to brown recluse spider bites. ~~a~~ All those things have the potential to get secondarily infected, really kind of spiral out of control, and cause a lot of secondary problems. ~~So y~~ You want to throw at these things, every safe therapy you can think of, to really try and speed up the healing and keep the person comfortable without drugs and surgery while you a're doing it

Carlyle

~~So t~~ Things like being ~~being~~ mindful of diet, and other things like that, also help alongside the microcurrent. ~~So if you're doing w~~ What would be the other things you might do, in addition? ~~n? n,~~

Dr. Miller

~~well, no, that's~~ Yeah, everything that you can do to make you healthier, is going to help with healing. ~~And so you know, the, it~~ The kinds of nutrition that you need to rebuild muscles, skin, connective tissue, if you ~~a~~'re trying to heal an ulcer, ~~, and also,~~ you need adequate protein that i's of high quality, ~~, and~~ you need to take away garbage out of the diet that might be causing your body to react. ~~So a~~ A lot of people do better with a little more protein in their diet, and a healthier diet full of ~~fruits, oods, fruits~~ and vegetables, and fibers. ~~And then o~~ Obviously, ~~you know,~~ if you ~~a~~'re capable, simple exercise, moving around, ~~, walking,~~ and things that helps improve the circulation. There are therapies, when you have these kinds of non-~~healing~~ wounds and, ~~tt~~ here i's often a lot of congestion in the lymph system.

~~And so t~~ Therapies that improve lymph flow, everything from just walking to lymphatic massage therapy, to vibrating plates, you see those in physical therapy offices, where you stand on a plate, and it vibrates. ~~, and t~~ That moves the lymph to special lymph star and different machines that use different energies to mobilize and liquefy lymph, so it can be moved along. ~~And th~~ Then also, there are certain homeopathics and things that help with lymph imp.

~~So a~~ All of those things are important to attend to as well, ~~, Bb~~ but the, ~~the~~ piece that can really add a lot, if you have access to it, is the microcurrent stimulation. ~~And t~~ The nice thing about the micro stim unit is it i's a very high-~~quality~~ unit. I do ~~notn't~~ know of anything out there that is, ~~that's~~ portable or, ~~that's~~ better. ~~And, and it~~ i's quite affordable because. ~~And so because you~~ you really need to be doing these therapies almost two or three times a day, virtually six days a week, five days a week. It i's just unworkable to be running into a therapists office multiple times a day, every day of the week. It i's just impossible to do but it t's also becomes incredibly expensive, so. ~~So you know,~~ we do this.

If and so if you if you have trouble with these things and you feel like you ~~a~~'re not quite sure what to do, you can contact us. ~~we~~ We can either even put you in touch with a practitioner near you or we can work with you from a distance. Get you a microcurrent machine, ~~get you going with the proper protocol,~~ and help you. ~~Excellent.~~ That i's what we ~~a~~'re here for

Carlyle

Excellent, ~~Tt~~ that is's a good thing to be here for

Dr. Miller

It is. ~~Tt~~ Thank you. Okay, well, I think ~~I think~~ that i's all I have to say about help for chronic wounds

Carlyle

Great. Thank you so much, Dr. Miller

Dr. Miller

Okay, thanks Carly~~s~~le. We ~~wi~~ll be back soon.