

Amputations



What is it?

- AKA- Above the Knee Amputation
- BKA- Below the Knee Amputation

Result from:

- Trauma, PVD (Peripheral Vascular Disease), chronic infections, congenital deformity, gangrene, tumors
- Diabetes- poor nutritional control plays a part in increased risk for amputation

Weight loss depends on body part lost:

- Foot- 1.8%
- Below the knee- 10%
- Above the knee- 15%
- Entire lower extremities- 20%
- Hand- 1%
- Below elbow- 3%
- Entire upper extremity- 6.5%



Recommend:

- Adequate calories and protein for healing
- Adequate vitamins and minerals for healing- Vitamin A, C, K, Zinc, Arginine
- Low albumin, serum carotene, zinc, Vitamin C

What can I do?

- See your Health Care Provider
- AKA- who walk use 25% more energy than a normal person, walking at the same speed
- See Food Fitness First™ RD on line for help
- High Protein, High Calorie Diet unless overweight then Low Calorie Diet

