

June 10, 2026

## **Protect Skin Against Summer Injuries**

June marks Wound Care Awareness Month, a good time to focus on skin health as outdoor activities increase. Salem Regional Medical Center's (SRMC) Wound Healing Center is sharing important tips for preventing seasonal injuries and avoiding serious complications.

"Skin acts as your body's primary shield against infections, bacteria and outdoor hazards," said Athena Beis, M.D., CWSP, Medical Director of SRMC's Wound Healing Center. "The warmer months introduce unique risks, ranging from severe sunburns and outdoor cooking mishaps to insect bites, irritating plants and deep scratches. For individuals managing chronic illnesses like diabetes or cardiovascular disease, even a small cut can quickly turn into a severe infection."



**Dr. Beis**

**To keep your skin safe this season, SRMC's Wound Healing Center recommends these tips:**

- **Always Wear Footwear Outdoors:** Avoid going barefoot to prevent cuts from hidden debris, sharp stones or shards of glass.
- **Wear Supportive Shoes:** Select well-fitted footwear that eliminates friction. Limit the use of flip-flops, which frequently cause blisters and offer minimal foot protection.
- **Practice Sun Safety:** Block harmful UV rays by consistently applying SPF 30+ sunscreen, wearing tightly woven clothing and seeking shaded areas during peak hours.
- **Deter Insect Bites:** Use reliable bug repellent and wear long sleeves or pants in the evening and when walking through dense brush or woods.
- **Perform Daily Skin Inspections:** Regularly check your lower extremities for new discoloration, minor cuts, swelling or blistering.

Dr. Beis emphasizes that any wound failing to show significant healing within 30 days requires professional medical evaluation.

"Do not ignore a sore that exhibits worsening pain, expanding redness, unusual swelling, odor or color changes," she advises. "Delayed treatment for chronic wounds can severely impact your long-term mobility and overall wellness."

**Advanced Treatment Options**

SRMC's Wound Healing Center offers specialized care for patients suffering from chronic or difficult to heal wounds. This includes Hyperbaric Oxygen Therapy, which increases oxygen levels in tissues to help prevent infections, promote new tissue growth and successfully heal difficult wounds.

The Wound Healing Center is also the first and only facility in the region to offer the Reaplix 3C Patch<sup>®</sup>, a personalized new wound care method made using the patient's own blood. Extensive clinical research studies have shown that with the 3C Patch<sup>®</sup>, diabetic wounds are 89% more likely to heal compared with the best standard of care.

The Wound Healing Center is located on the ground floor of Salem Regional Medical Center. For more information or to make an appointment, call 330-332-7415.