

Welcome to In This Together's venous leg ulcer (VLU) edition

Welcome to this special edition of *In This Together venous leg ulcer (VLU)*. We have produced this new independent magazine and accompanying website, in collaboration with Mölnlycke Health Care, to provide a source of information, support and advice for anyone who has, or is caring for someone with a VLU.

The information provided here is specific for this type of wound, and is intended to be read in addition to the main magazine, *In This Together Wounds*, which provides an overview of the more general wound care basics, that apply to any kind of wound.

Venous leg ulcers are caused by underlying venous disease, which affects the veins in the lower limbs, and makes the skin undergo changes which make it vulnerable to damage and the development of wounds. Taking good care of yourself and your wound is key to your good health and healing. By healing, you reduce the risk of complications

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such as skin and wound infection, and eliminate symptoms such as pain, wound exudate and odour which can affect your everyday life.

This magazine provides advice on

what you can do to help your wound to heal, and how to spot danger signs and when to seek urgent help. Our content is checked and commented upon by healthcare experts so you can be sure you are receiving the latest and best advice.

All of our resources are available for free, via your Daylong Direct prescription service, your healthcare professional, or via our website. We hope you find them helpful and ask that you contact us if there is anything you would like to see covered in future editions.



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In This Together

www.inthis-together.co.uk