



# Living with a leg ulcer: one year on

Just over a year ago, I was invited to tell my story at the Wound Care Today conference. I had been suffering with a leg ulcer for over 13 years and I wanted to give an insight into exactly how much a chronic leg ulcer can affect your life. My experience was also described in the Summer 2018 issue of this magazine. Had someone told me what this would lead to and how different my life would be now, I would never have believed them.

A company called Regen Medical was at the Wound Care Today event that day and they heard my story. They got in touch with my vascular nurse, Leanne and offered me a treatment called Epifix (by MiMedx) which is unfortunately not currently available on the NHS.



*Tracy Goodwin.*

I have tried many different treatments that all claim to be the next big thing and the one treatment that will 'definitely' heal my ulcer so we were a little sceptical, but decided to give it a go.

After a six month period of weekly treatments, my ulcer actually healed! For a while, I found it hard to believe and I still hold my breath when I uncover it, praying that it hasn't opened back up.

My life has improved so much since my leg got better. I have just returned from a holiday in Florida which is something I always wanted to do with my children but never would have been able to because of the pain I was in. Despite the fact they are now 19 and 14, it was still magical! We went to waterparks, swam with dolphins, went to loads of theme parks and walked for miles every day and not once did my leg stop me doing anything.

I was on a large amount of pain relief but have now completely stopped my painkillers and am able to walk at least 3 miles a day with our dogs (who are loving the new me!). Consequently, I am sleeping better, eating more healthily and feeling so much better. I can concentrate for much longer and can now finally look to the future, think about all the things I couldn't do before and choose a career that I really want to do. Some people say that life begins at 40, and I really hope they're right! 