



In 2018 a national campaign called 'Legs Matter' was launched with the aim of raising public awareness of common conditions which can affect the lower leg and/or the foot.

It highlights the importance of seeking out the right treatment in a timely manner and the level of care you should expect from healthcare professionals. The campaign focuses on conditions such



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as leg and foot ulceration and chronic oedema (Leg swelling that has been present for more than 3 months; see p.12–14 for more information), but it also places a significant importance on the prevention of these conditions and what you need to do to look after your legs and feet.

Legs Matter, a Tissue Viability Society initiative, is run by a coalition of charities or not for profit organisations who have an interest in leg and foot conditions. Patients are at the heart of the campaign and we have four amazing patient partners helping to shape the crusade. They have provided a true insight into what is it like to live day-to-day with a lower limb condition, we encourage you all to read their blogs on the website – they truly are inspiring.

We are all passionate about improving care for patients and we know that this can be achieved through having a better understanding of leg and foot conditions and the evidence-based treatments that improve them.

### How are we achieving this?

Since the launch we have made positive progress. First, we developed a website which can be accessed for free by both patients/ families/ carers and healthcare professionals [www.legsmatter.org](http://www.legsmatter.org). The website has been developed through

consultation with patients and the public and covers a wide range of common conditions that affect the lower leg and foot. This site provides an abundance of high-quality information about leg and foot conditions and signposts users to trustworthy sources of support.

On 3–7 June this year, we had our first ‘Legs Matter’ awareness week that aimed to increase awareness of the campaign across the UK. The event received far reaching media attention through newspaper, online publication and radio coverage and hundreds of NHS clinicians across the UK got involved in promoting the campaign by running staff and public health events. Feedback about the awareness week has been really positive and we hope to make this an annual event.

### What can you do to support Legs Matter?

We hope that the Legs Matter campaign will be of interest to you. Please take time to visit our website and spread the word to your family and friends. Don’t forget, this is not just for those who have an existing leg or foot condition, it’s also about looking after our legs and feet to prevent some of these conditions developing. We welcome you to our campaign – together we can reshape and improve care for legs. 

[www.legsmatter.org](http://www.legsmatter.org)

