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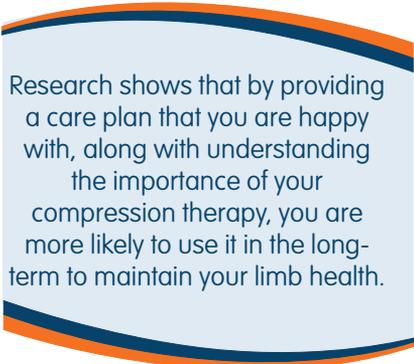


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# Become part of our growing compression community

The number of people with lower limb conditions that need treatment with compression therapy is increasing around the globe. Health services have a focus on preventing the development of these conditions, and their successful treatment. Both prevention and management involves the long-term use of compression therapy, skin and wound care, exercise and rest. For all of these components of care your healthcare professional should ask you for your preferences, as part of developing an individual care plan for you. Your clinician should also explain what your treatment goals are, for example, wound healing, reducing swelling or improving your skin.

Research shows that by providing a care plan that you are happy with, along with understanding the importance of your compression therapy, you are more likely to use it in the long-term to maintain your limb health. Unfortunately, a lack of consideration of your preferences, or confusion and misunderstanding about your treatment can have the opposite effect.



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The first In This Together Live event took place in March, and the delegates attending had the opportunity to discuss their experiences and ask our experts questions about their care. The event is reported in more detail on pages 6–7. The delegates had questions concerning emollients and skin care, using the right compression garment for their condition, and how to make sure their garment was working effectively. We have addressed all of these topics in this issue, and we hope you find it useful.

As a valued reader, we would love to hear from you too, to understand what you want to learn more about, either here, or on our website. We want to provide you with information of value, that helps you to understand your treatment and how to live well with your long-term condition as part of our compression community. ▶

[www.inthis-together.co.uk](http://www.inthis-together.co.uk)



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