

You've got the power to care for your legs and feet

LEGS MATTER!

Every day, thousands of people's quality of life is devastated by inadequate support and advice on the prevention of lower leg and foot conditions and the failure to correctly diagnosis and treat them. We're determined to change this.

Watch out for our awareness

week 12–16 June 2023 when we hope you will join us to Stand up for Legs and Feet!

To get more information on our awareness week, and to access a wealth of useful downloadable, printable resources for patients and healthcare professionals, visit our website below.

www.legsmatter.org

STAND UP FOR LEGS

Cook up a storm with the Leg Club

Leg Club Favourites is a book with a difference. It contains over a 150 favourite recipes of NHS staff and international clinicians as well as volunteers, members and friends of the Leg Clubs from across the UK and further afield. The book was created during lockdown by Ellie Lindsay OBE, Lifetime President of the Lindsay Leg Club Foundation as means of connecting with others and providing cooking inspiration to help everyone through a difficult time. All proceeds are donated directly to the Leg Club Foundation to support their work caring for people with lower leg wounds in a community setting. Treat yourself and your loved ones today! www.legclub.org.



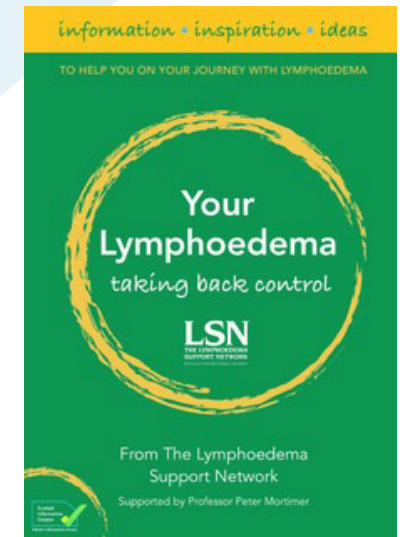
Join our community at Lipoedema UK!

Lipoedema UK is a passionate community of people affected by lipoedema working to improve awareness, early diagnosis, treatments and research. We believe that the best way to improve the lives of people living with lipoedema is to establish international standards of care created in partnership with people affected by lipoedema. No-one should suffer alone, or be unaware that they have lipoedema, so our community supports the lives of those living with lipoedema to improve awareness and living with the condition.

www.lipoedema.co.uk

LSN launches first self-management book for lymphoedema

Life at the Lymphoedema Support Network continues to be busier than usual. We are in the process of publishing the first ever LSN self-management book. *Your Lymphoedema – taking back control* gathers together 30 years of experience from the LSN and is aimed at empowering people to live the best life they can with their lymphoedema. The short chapters include information, tips, photographs and quotes from those living with the condition and includes a fully illustrated guide to lymphoedema drainage self-massage. Every word has been checked by our nurse advisor and double checked by Professor Mortimer so you can be assured it is accurate, up to date and of interest whether you are new to lymphoedema or have lived with it for many years. To order go to our website www.lymphoedema.org



LIPOEDEMA IS PAINFUL, DEBILITATING & LONG-TERM LIPOEDEMA UK IS ON A MISSION...

OUR VOICE TO ACTION

our CAMPAIGNING

- Providing education and knowledge to patients and healthcare practitioners (HCP)
- Advancing better access for diagnosis and treatment
- Offering email/telephone advice to patients and HCPs on the management of lipoedema
- Empowering women to self-manage their condition and obtain appropriate treatments
- Generating awareness at a wide range of HCP events
- Networking and collaborating with key national and international organisations
- Listening to women's experiences of lipoedema through surveys, focus groups and conferences
- Encouraging more research and evidence-based reports

our IMPACT

- Improved awareness, knowledge and skills for GPs, nurse specialists and other medical professionals
- Specialist nursing advice for Lipoedema UK members via health and wellbeing online meetings
- Lipoedema UK's Ambassador training programme
- Empowering women to fight back against ignorance and lack of empathy
- Providing medically approved information, links and patient stories on our website
- Collaborating with the NHS and other reputable websites
- Contributing expertise and data to the NICE review 2023 into Non-cosmetic liposuction for lipoedema

Our passion is to create a positive LEGACY for the next generation

SKIN CHANGES
ANXIETY
EMOTIONAL DISTRESS
PSYCHOLOGICAL BURDEN
RESTRICTED MOBILITY

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