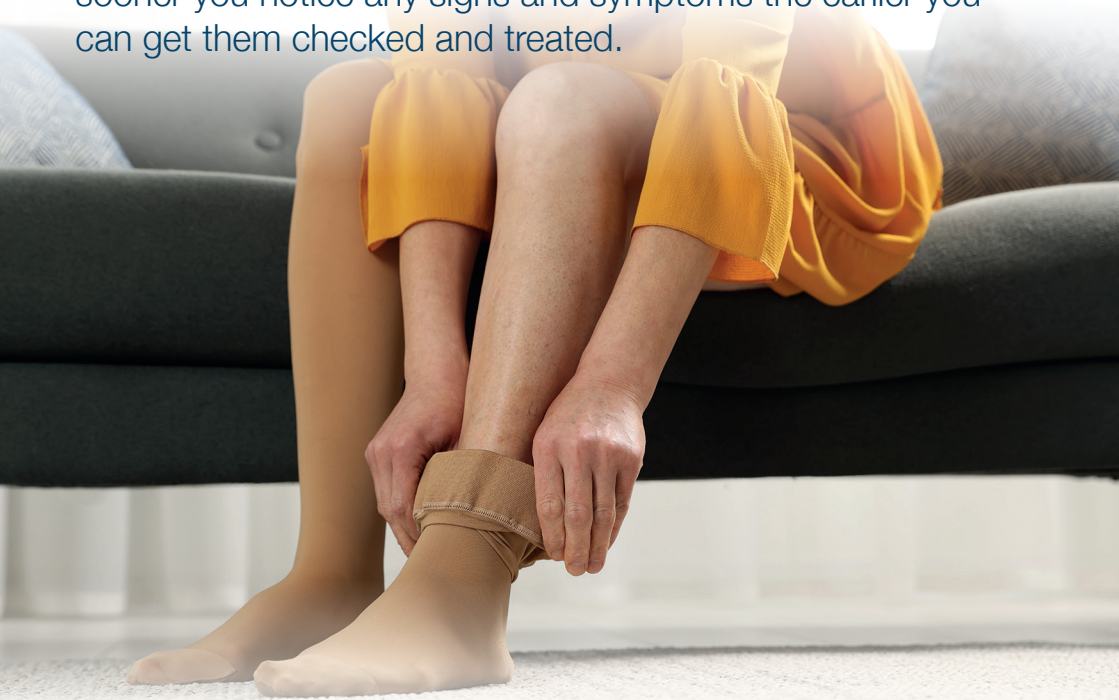




How to delay the progression of your limb condition

When carrying out your daily routine, it's a good idea to check your skin for any changes that are different to usual. The sooner you notice any signs and symptoms the earlier you can get them checked and treated.



Conditions of the limbs such as lymphoedema and venous disease usually become known when they start to cause symptoms which can vary in severity from a mild ache or swelling after a busy day to severe limb distortion, ulceration and other skin changes.

Thankfully, severe symptoms don't usually develop overnight, and there can be signs on your skin and symptoms that you feel, that indicate that your venous and/or lymphatic systems may be beginning to feel the strain and not working as well as they should.

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