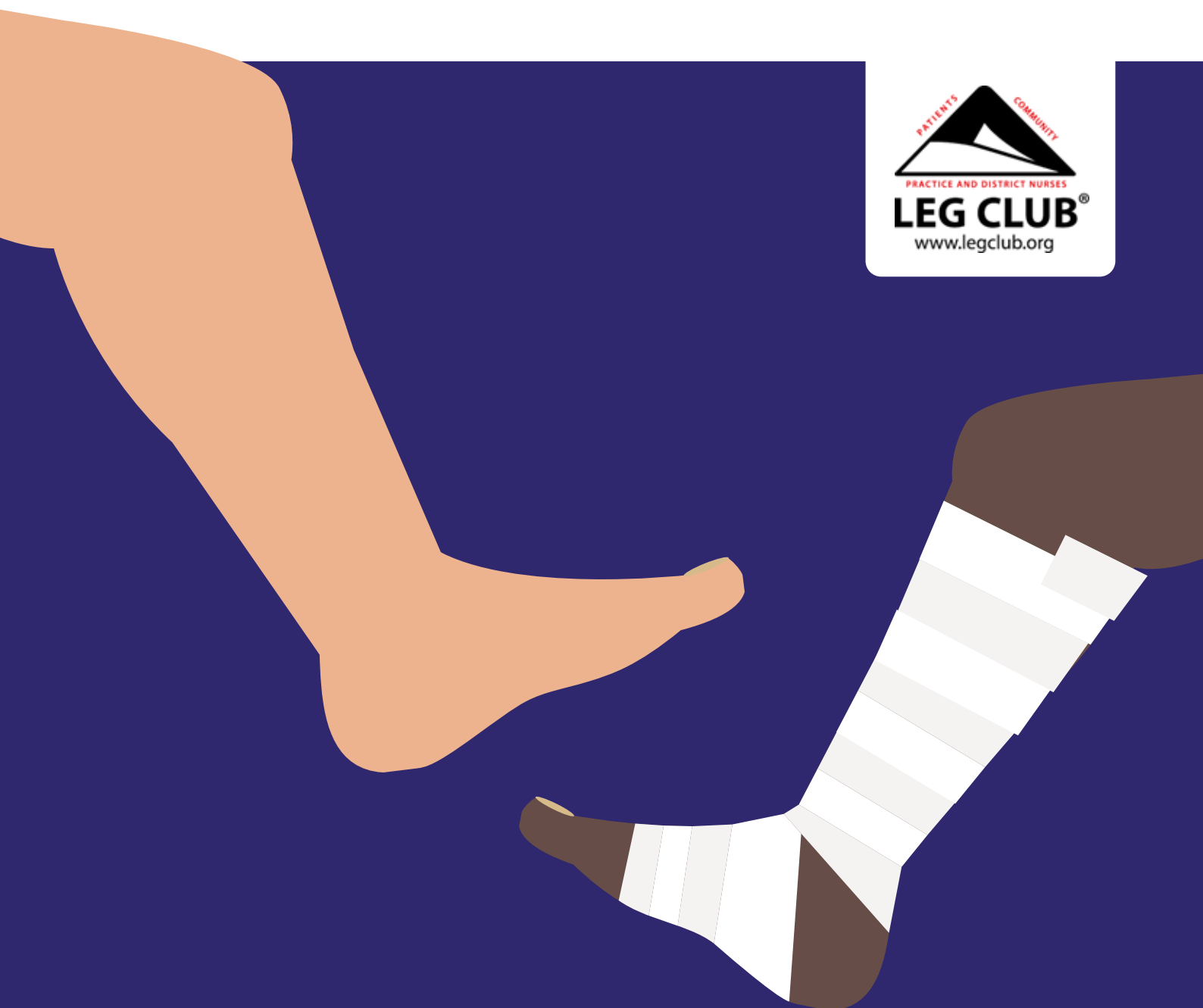


**ARE YOUR LEGS
AND FEET HEALTHY?**

Dorset lower limb health



Look at the skin on your legs and feet

Skin type:

Do you have dry and/or cracked skin?



Do you have reddish brown colouring of the legs?



Are your legs and/or feet swollen or feel heavy/aching or throbbing?



Advice:

- Use unscented moisturiser daily, including on your heels. Ask your pharmacy for the best moisturiser for you.
- Check between your toes, treating any athlete's foot/infection early. Seek advice from pharmacy.
- Put your legs up when resting/sitting.
- Monitor for any breaks in your skin. Seek early advice from your pharmacy if needed.
- You may benefit from wearing compression stockings/socks. Please discuss with your pharmacy, Leg Club, practice nurse or local lower limb clinic.

- Use unscented moisturiser daily, including on your heels. Ask your pharmacy for the best moisturiser for you.
- Put your legs up when resting/sitting.
- Increase your mobility if able eg. short walks, standing up regularly. If limited mobility increase ankle movements to aid circulation.
- You may benefit from wearing compression stockings/socks. Please discuss with your pharmacy, Leg Club, Practice nurse or local lower limb clinic.

🔍 www.legsmatter.org/resources/patient-exercises-for-legs-and-feet/

Skin type:

Do you have an open wound or break in the skin that hasn't healed within ten days?



Advice:

- Seek advice from your local lower limb service, eg. Leg Club, practice nurse or lower limb clinic.

Do you have areas on your legs that are frequently wet and/or weeping?



- Seek advice from your local lower limb service, eg. Leg Club, practice nurse or lower limb clinic.

Do you have a mole/freckle or area of skin that looks unusual?

Does it hurt, itch, bleed crust or scab for more than four weeks?

- Seek urgent advice from your local lower limb service, eg. Leg Club, GP or lower limb clinic.

🔍 www.nhs.uk/conditions/moles/



Risk factors that increase your risk of developing a lower limb condition

Smoking

This can result in damage to your blood circulation. Stopping or cutting down on smoking can help reduce your risk.

Occupation

Any work that requires you to sit or stand still for long periods increases pressure in your lower limbs.

Weight

Excess body weight can cause an increase in leg vein pressure.

Increased age

Mobility and general health can decline as we age.

Limited mobility

This reduces your blood circulation in the lower limbs.

Current or previous IV drug misuse

This can result in skin, muscle and circulation damage.

Underlying health conditions

Diabetes, heart conditions and blood pressure can impact your blood circulation.

These can all impact on your blood circulation.



If you have any of the following symptoms, please seek immediate advice from the 111 service:

- Increased redness in one area with or without a temperature or feeling unwell
- Sudden swelling of one leg
- Sudden severe pain in one leg
- Area hot to touch, with or without pus.

Do not ignore even the smallest change to the skin, shape or feel of your legs and feet

Please ask for help from any health care professional or online for further help and advice at

www.legsmatter.org

www.legclub.org

www.staywelldorset.nhs.uk/conditions/leg