Are your legs swollen? Wounds or skin conditions a problem?

TEMPORARY swelling of legs and feet as a result of the hot weather is a common discomfort experienced by many, but there are far more serious reasons for this frequently experienced condition. Regular or chronic swelling of legs and feet can be the result of major diseases such as diabetes, heart disease and kidney disease. This often results in long-term and difficult to heal wounds. Hepburn Health Service Podiatrist Liz Rhook says 'about 50 per cent of the patients I see have lower leg swelling and a number of those with serious wounds as a result.'

Lower legs wounds are a major cause for many people receiving services such as District Nursing. 'Not only are they painful and debilitating wounds but the consequences are much greater, with people not being able to socialise and in some instances, not even able to get out of the house,' said Ms Rhook.

If you, or someone you know, experience swollen legs with or without associated wounds, or have problems with non-healing leg or foot wounds, you are not alone.

That's why Hepburn Health Service, along with a team of other experts, is providing an opportunity to learn more about healthy legs and how to prevent and manage leg wounds.

On Thursday March 13, a free expo is being offered at the Daylesford Senior Citizens Centre from 2 - 3.15 pm, followed by afternoon tea.

The expo will have a number of displays including footwear and skin care products, plus presentations from local lymphedema masseur Kate Butler, and wound management coordinator in the Grampians Region, Donna Nair, who will speak on managing leg wounds.

An innovative new approach to managing leg wounds will also be launched, called the 'Healthy Legs Club.' Everyone is welcome.

Thursday March 13, Daylesford Senior Citizens Centre 76 Vincent St (behind town hall). RSVPs will assist with catering and can be made by calling 5345 9750.