

RECOGNISE THE SWELL TO

Beat the Swell

TURNING THE TIDE ON SWOLLEN LEGS



DO YOU HAVE:

- ✓ Tired, aching, or heavy legs
- ✓ A sensation of increasing tightness of your socks and shoes, particularly towards the end of the day
- ✓ Your socks or shoes leaving a mark or indent
- ✓ Skin on your legs, ankles or feet that looks shiny or feels tight
- ✓ Ankle or foot swelling
- ✓ Swelling that doesn't improve with rest



If so read on!

WHAT IS LOWER LIMB SWELLING?

Lower limb swelling is swelling in your legs, ankles, and feet. Chronic swelling is also called lymphoedema. There are many causes of lower limb swelling. The most common causes of swelling in the lower limbs are untreated **venous insufficiency, dependency and reduced mobility, ageing, and recurrent infection.**

A health professional can diagnose the causes of your swelling. Lower limb swelling isn't just uncomfortable; it can lead to serious problems if it's ignored.

Venous insufficiency

Venous insufficiency is a condition where veins, often in the legs, have trouble sending blood back to the heart due to damaged or defective valves. This causes blood and fluid to pool in the legs.

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WHY IS IT DANGEROUS?

Untreated swelling can cause:



Chronic (long-lasting) discomfort or pain



Changes to your skin like discoloration, or dryness that can lead to skin tears



Increased risk of infections like cellulitis



Long-term conditions such as chronic oedema* or leg ulcers.

WHAT CAN YOU DO?



Speak to a health professional:

They may perform a lower limb assessment and, depending on their findings, recommend compression socks or stockings.



Stay active: gentle walking and ankle exercises help circulation.



Look after your skin: keep it clean and moisturise twice daily if you can.

WHERE TO FIND SUPPORT

Speak to your GP, nurse or accredited lymphoedema practitioner.

Visit www.woundaware.org for videos, factsheets and more.

**DON'T IGNORE SWELLING.
EARLY ACTION CAN MAKE A BIG DIFFERENCE:
LET'S BEAT THE SWELL!**

Beat the Swell is an annual day of action every February designed to spotlight the problem of lower limb swelling. It's an initiative of Wounds Australia, the national peak body for chronic wounds, and partners. Find more Beat the Swell information at woundaware.org.

* Leg swelling resulting from impaired or obstructed venous circulation.

Have you experienced?

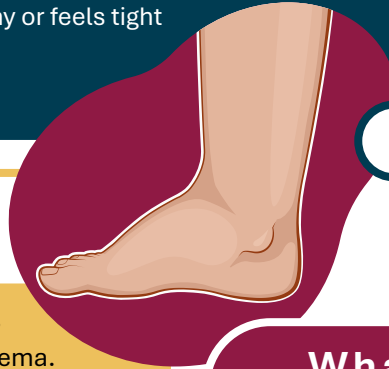
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If so read on!

What is lower limb swelling?

Lower limb swelling is swelling in your legs, ankles, and feet. Chronic swelling is also called lymphoedema. There are many causes of lower limb swelling. **The most common causes of swelling in the lower limbs are untreated venous insufficiency, dependency and reduced mobility, ageing, and recurrent infection.**

A health professional can diagnose the causes of your swelling. Lower limb swelling isn't just uncomfortable; it can lead to serious problems if it's ignored.



What is venous insufficiency?

Venous insufficiency is a condition where veins, often in the legs, have trouble sending blood back to the heart due to damaged or defective valves. This causes blood and fluid to pool in the legs.

Why is it dangerous?

Untreated swelling can cause:

- Chronic (long-lasting) discomfort or pain
- Changes to your skin like discoloration, or dryness that can lead to skin tears
- Increased risk of infections like cellulitis
- Long-term conditions such as chronic oedema or leg ulcers.

What can you do?

- **Speak to a health professional:** they may perform a lower limb assessment and, depending on their findings, recommend compression socks or stockings.
- **Stay active:** gentle walking and ankle exercises help circulation.
- **Look after your skin:** keep it clean and moisturise twice daily if you can.

Where to find support

- **Speak to your GP, nurse or accredited lymphoedema practitioner.**
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Early intervention can make a big difference so don't delay: seek help today.

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