



An NHS Information Poster
in association with Your Turn

What You Can do to Avoid Pressure Sores

Also called Bed Sores & Pressure Ulcers

The Facts ...

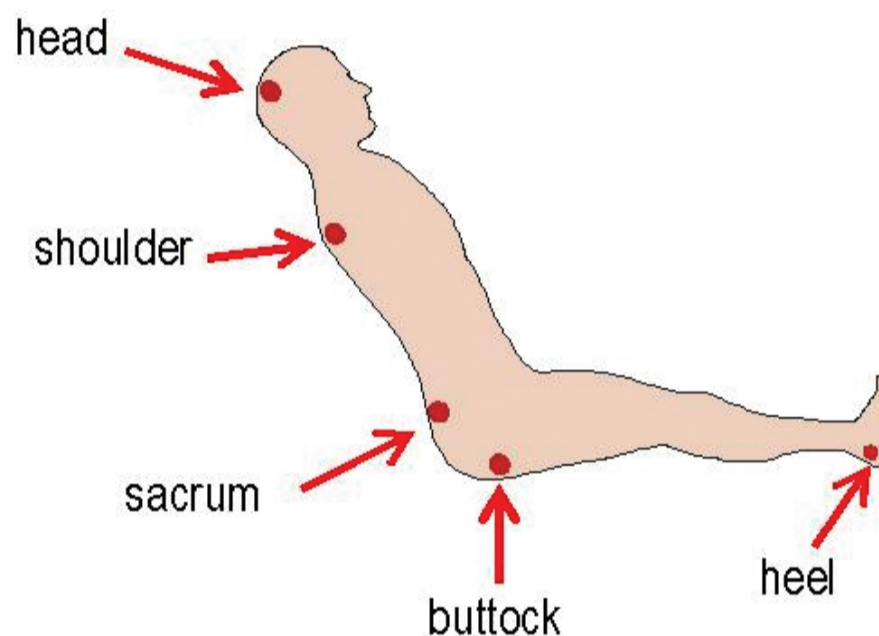
Did you know:

- Pressure sores can affect people of any age.
- Many pressure sores are preventable.
- Treatment can be a long and difficult process.
- Pressure sores may cause pain, infection and serious illness.
- They can affect every day life

Avoiding Pressure Sores:

- Check your skin, or ask someone else to check your skin for redness, soreness or change in texture over your pressure points.
- Regularly change position
- Eat a healthy diet
- Use specialist equipment as recommended by your nurse, doctor or other healthcare professional.

These are your pressure points



Other pressure points may include:
elbows, knees, toes, ears

Speak to a nurse or doctor if you think you or someone you know is at risk

If you need more information you can contact:
Your Turn Pressure Ulcer Awareness Campaign
www.your-turn.org.uk

This poster was developed by the West Midlands Tissue Viability Nurses