

TALK TO OLDER FAMILY MEMBERS THIS WOUND AWARENESS WEEK

While most people understand their older family members are more at risk of illness and disease, it is likely the impact of wounds on finances and health is underestimated.

That's why Wounds Australia is asking people to talk about wounds this Wound Awareness Week.

Figures from the nation's peak body for wound management & treatment shows \$3 billion is spent annually on wound treatment in hospitals and aged care facilities.

Around 420,000 Australians suffer from chronic wounds each year and they will spend an average of \$340 per month on dressings and painkillers.

As the group of people most likely to suffer, but least able to afford treatment, older Australians need their family members to help them understand help is available.

If you have family members that have the following risk factors, talk to them about seeking the advice of their healthcare specialist:

- Over 65 years
- Chronic diseases like diabetes, cardiovascular diseases and renal disease
- Poor mobility
- Obesity.

Some chronic wounds develop in elderly people because of underlying medical conditions such as limited mobility. Some skin conditions may also develop into a wound.

Be mindful of these issues affecting your older relatives:

- 'Bed sores' or pressure injuries can extend down to bone
- Diabetic related foot disease can lead to amputation
- Leg ulcers between the knee and ankle joint may be slow to heal because of problems with the veins in the leg.

Healthcare professionals qualified to give advice and treatment include:

- Doctors
- Nurses
- Pharmacists
- Podiatrists
- Aboriginal and Torres Strait Islander Health Workers
- Diabetes Educators
- Some physiotherapists, occupational therapists and dieticians.

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More information on wounds and their treatment is at www.woundsaustralia.com.au

More information about Wound Awareness Week is at <http://www.woundaware.com.au>

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