

# In this together ➤

Making compression better

Issue 9, 2021



**Daylong Direct: speed, accuracy and more choice for you**

How does compression improve lower limb health?

**Chronic oedema:** a common but unrecognised condition

**Q&A** Commonly encountered compression problems solved

**Charity news**  
Exciting updates and events

**patient assist**

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**Garment size** does matter!

The mind and body benefits of snuggling up with a book

**Action reliever knee brace** is now available on prescription

**Daylong Direct:** free delivery straight to your door

**Pump it up!** Top tips for healthier legs

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## 2 Deliver

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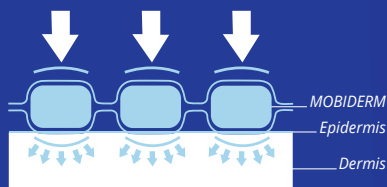


THUASNE

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# Daylong Direct: accuracy, speed, and more choice for you

Welcome to this latest issue of *In This Together*. You may have noticed our front cover is slightly different; we have changed both our logo and our name. Daylong is now called Daylong Direct to reflect the speed and accuracy of our dispensing service for which we are well known. We will also offer a wider range of products.

We have come a long way since our beginnings in 1955, when we first began by selling the first compression hosiery produced using a lightweight elastic yarn. Today, Daylong Direct is recognised for unrivalled customer service and speed of delivery; accuracy in dispensing of medical devices and for having the largest choice of compression and wound garments in the UK.

The advantages of using Daylong Direct are more relevant than ever since the COVID-19 pandemic has changed the way in which we live our lives, including how we access healthcare and obtain healthcare-related products. As the name suggests,

'We have changed our logo and our name – Daylong will now become Daylong Direct – to reflect the speed and accuracy of our dispensing service for which we are well known. We will also offer a wider range of products.'

we deliver your products direct to you, for free, to your door so you don't need to visit a pharmacy or leave your home to obtain your prescription.

Here at Daylong Direct, we also recognise that living with a condition that requires compression therapy often needs other products such as items

for skin and wound care. As a result, we have been growing into new areas as we focus on enhancing our dedicated services to prescribing and dispensing compression and associated products.

We wanted our new name, Daylong Direct, to reflect how focused we are on what we do for you and how important it is for us to provide what you need, quickly. So, its business as usual, just with more choice for you! Thank you for being a key part of the Daylong Direct journey and we appreciate your continuing support. ➡



*Mark Hudston,  
Marketing Director,  
Daylong Direct*

We would love to hear from you. Please write to us!  
[editorial@daylongdirect.co.uk](mailto:editorial@daylongdirect.co.uk)

# How does compression improve lower limb health?

If you have been advised to wear a compression garment to manage a lower limb condition, you may find it helpful to understand how compression works. Here, we detail how compression therapy can help to improve your limb health.



If you have a condition of the lower limb, such as varicose veins, a venous leg ulcer or chronic oedema, your healthcare professional may have recommended that you wear a compression garment to help manage your condition and improve or maintain the health of your limb.

Compression therapy is the gold standard treatment for the long-term

management of a variety of conditions that arise when the venous and/or lymphatic systems are not working properly.

It has been reported, however, that many wearers do not understand why they need compression or how it helps their condition. Here we explain how compression works and why it is important that it is worn in the long term to achieve maximum benefits.





# YOU'VE GOT THE POWER

## #LEGSMATTER



Take charge of your leg  
and foot health today

When it comes to keeping your legs and feet healthy, you have more power than you might think. We've put together five things that you can do today to take charge of your leg and foot health and start feeling your best again.

**PUT YOUR FEET UP**

**DITCH THE SOAP**

**CHECK YOUR  
LEGS AND FEET**

**MAKE THAT GP  
APPOINTMENT**

**DO SOME HEEL RAISES**

**LEGS  
MATTER!**

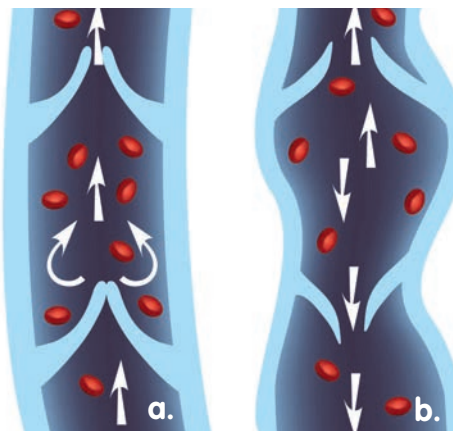
Get the lowdown at **[legsmatter.org](https://legsmatter.org)**

IN RECOGNITION OF OUR PLATINUM PARTNERS



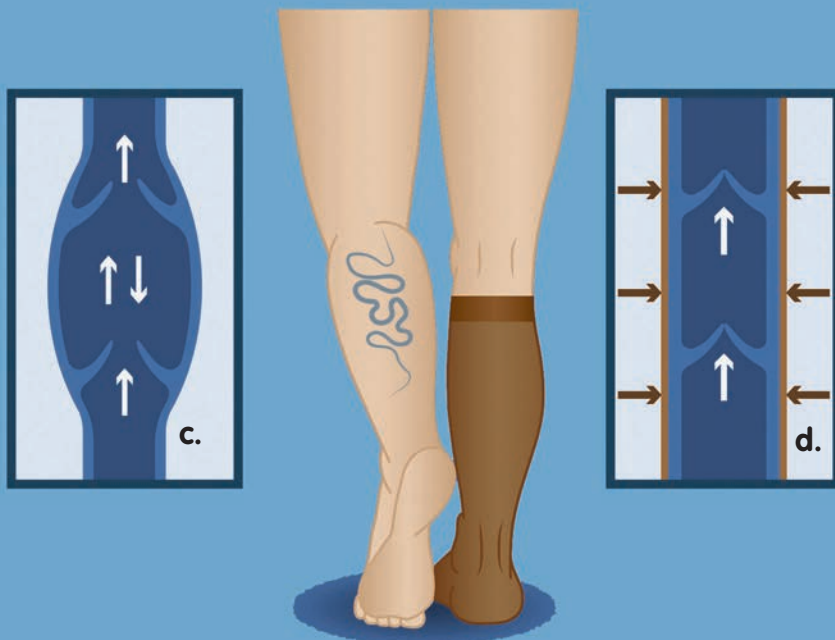
## What causes the problem?

The lower limbs have veins that return deoxygenated blood from the feet back to the heart. As the blood needs to travel upwards against gravity, the veins have a number of valves that prevent the blood from flowing backwards (a). If, however, the valve is faulty, blood can flow backwards in the vein, where it begins to pool (b), causing increased blood pressure and congestion in the tissues. In the long term, this can cause problems such as skin changes, varicose veins, swelling and eventually, ulceration.



## How does compression help?

A vein with faulty valves allows the pooling of blood (c). Lower limb compression garments work by forming a casing around the leg which enhances the contraction of the calf and foot muscles when they move (d). This provides resistance that helps the muscles to squeeze blood within the vein upwards, preventing the backflow of blood, which in turn prevents and reduces congestion within the tissues.





# + Helping to maintain skin integrity

Safe and effective for the management of moisture related skin damage, whilst also preventing and protecting skin from incontinence-associated dermatitis and moisture lesions.<sup>1-4</sup>



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**References** 1. Ling L. Proshield skin care protective system: A sequence of evaluations. *Obstetrical Nursing* NHS UK. Presented at Wounds UK, 2011. 2. Flynn D, Williams S. Barrier creams for skin breakdown. *Nursing & Residential Care*, 2011. 3. (1) 553-558 3. Maxwell J, Sinclair D. Treatment of moisture related lesions in children. *Great Ormond St Hospital for Children NHS Foundation Trust*, London UK. Poster presented at ENNA 2012, Vienna, Austria. 4. Haselkorn F. A new solution in the treatment of moisture lesions. *Acta Stomatologica Belgica*, 2010. 5. Commercial Stability Report, Test Point 24 PROSHIELD Foaming Cleanser Rev. 2016.

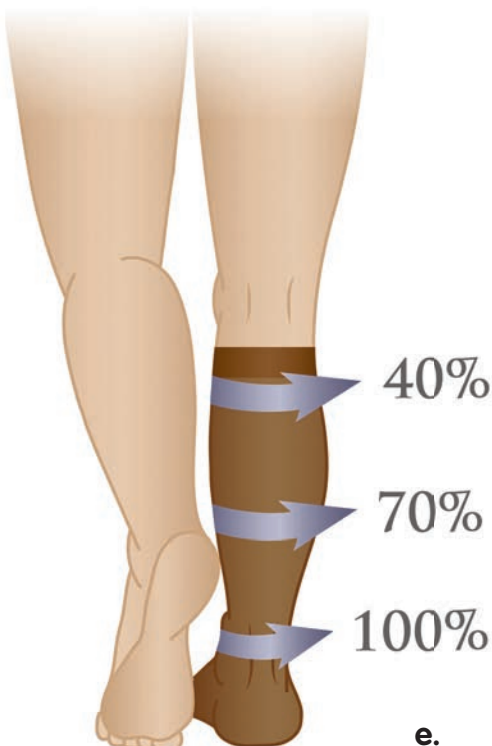
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## What is graduated compression?

Graduated compression, where the garment applies the most pressure at the ankle tapering off to apply the least pressure at the knee (e), improves blood and fluid return to the heart.

To work properly, compression therapy relies on your leg shape being thinner at the ankle and wider at the knee. Factors such as swelling or wounds which need bulky dressings may mean that your limb shape is distorted, and therefore is not the best shape for a compression garment to work effectively. In such cases, bandaging may be used so that padding can be used to return the limb to the correct proportions for graduated compression to work. Once the swelling reduces so your limb has a graduated shape or your wound has healed and no longer needs a bulky dressing, it may be possible for you to use a compression garment.

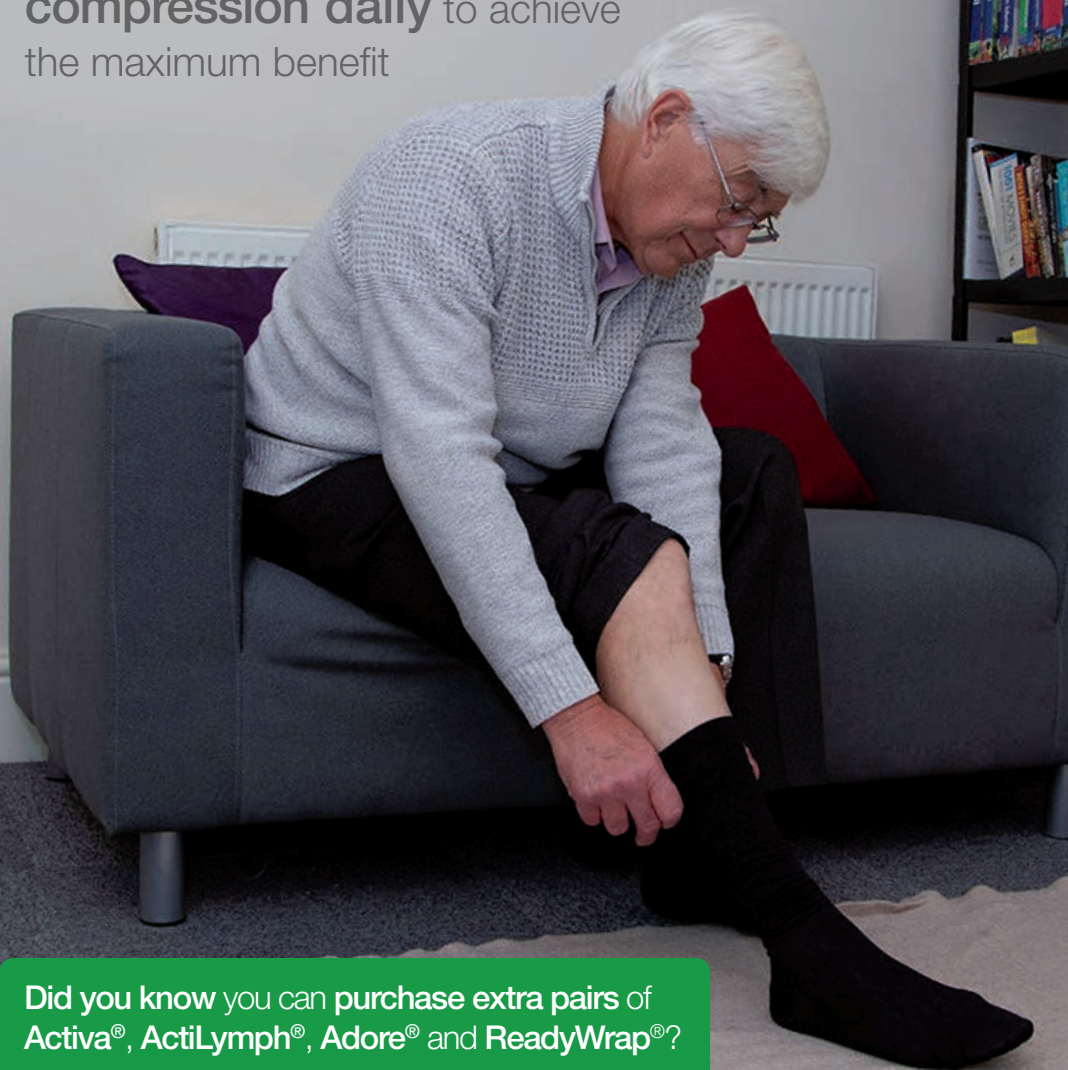


## Keep on compressing!

Compression is only effective when a garment is worn — if the garment is removed, it does not work. This is why problems often reoccur. In many cases, a wound heals or swelling reduces, so the wearer stops using compression. Failing to wear the garment, however, causes recurrence as the underlying problem is still there but is no longer being managed. To maintain your limb health in the long term, it is therefore important to wear your compression garment every day (f) to reap the benefits. ➡



It is important that you **wear your compression daily** to achieve the maximum benefit



Did you know you can purchase extra pairs of Activa®, ActiLymph®, Adore® and ReadyWrap®?

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# Chronic oedema: a common but unrecognised condition

If you have swelling of your legs or feet lasting longer than three months, it could be chronic oedema. Here we describe the signs and symptoms and how to seek help.



**C**hronic oedema is relatively common, affecting one in every thousand adults in the UK, rising to one in every 12 adults aged over 85 years<sup>1</sup>. However, despite this, chronic oedema remains poorly recognised by people with the condition, and by some healthcare professionals.

## What is chronic oedema?

Chronic oedema is the term used to describe swelling of any cause that

has been present for longer than three months. It results when the lymphatic system fails to keep a balance between the fluid in the tissues and the circulation, leading to fluid collection in the limb and the development of swelling.

There are many reasons this can happen, ranging from standing or sitting for prolonged periods where gravity causes fluid to pool in the feet, or pregnancy and obesity in which extra



weight on the vessels in the tummy prevents lymphatic clearance. Other causes including surgery or trauma to the leg veins or lymph vessels,

venous disease, or wider spread disease such as heart failure or renal disease. Some medications, e.g. calcium channel blockers or hormones, may also result in chronic oedema.

**'Chronic oedema is the term given to swelling that has been present for longer than three months'**

However, chronic oedema doesn't become severe overnight but unfortunately, it is often at this stage when patients

seek help or when it is recognised by healthcare professionals as needing treatment. Mild chronic oedema is often overlooked or ignored by patients and healthcare professionals.

### What are the signs and symptoms?

Initially, swelling may be mild, and may go down after elevating the feet or going to bed. At this stage, it is common for the oedema to go untreated.

With time, however, the swelling will not reduce with rest and as the tissues of the leg remain filled with fluid, the skin can undergo changes, making it vulnerable to damage and infection. For example, the skin on the lower leg might become hard, or excess lymph fluid may leak through the legs (lymphorrhoea) making them wet and causing skin damage.

As the swelling worsens, the size and weight of the limb increases, making it uncomfortable to move, and can be painful. This in turn can make it difficult to take part in the normal activities of every day life, and can lead to difficulties with relationships and work. The swelling may be very mild or it can be severe, distorting the shape of the limb, and making it heavy and difficult to move.

### What to do if you think you have chronic oedema

If you have not yet seen a healthcare professional about your chronic oedema, you should visit your GP and explain your concerns. He/she should ask about the history of your swelling and should give you a physical examination to assess the swelling. Your GP may refer you for further investigations, for example, to a specialist oedema service.

### Managing chronic oedema

The management of chronic oedema is made up of skin care, exercise, and wearing compression. Combined, these three components of care help to improve and maintain skin health and drive fluid from the tissues where it causes swelling back into the circulation.

Key to the success of the management is developing a plan of care with your healthcare professional that is suited to you personally, that is appropriate for your condition and that you can maintain and are happy with in the long term. ➡





# Garment does

# size matter!

**Arms or legs, hosiery or wrap, whatever compression garment you wear, it is important that it fits properly. Here we explain why.**

## **Too big**

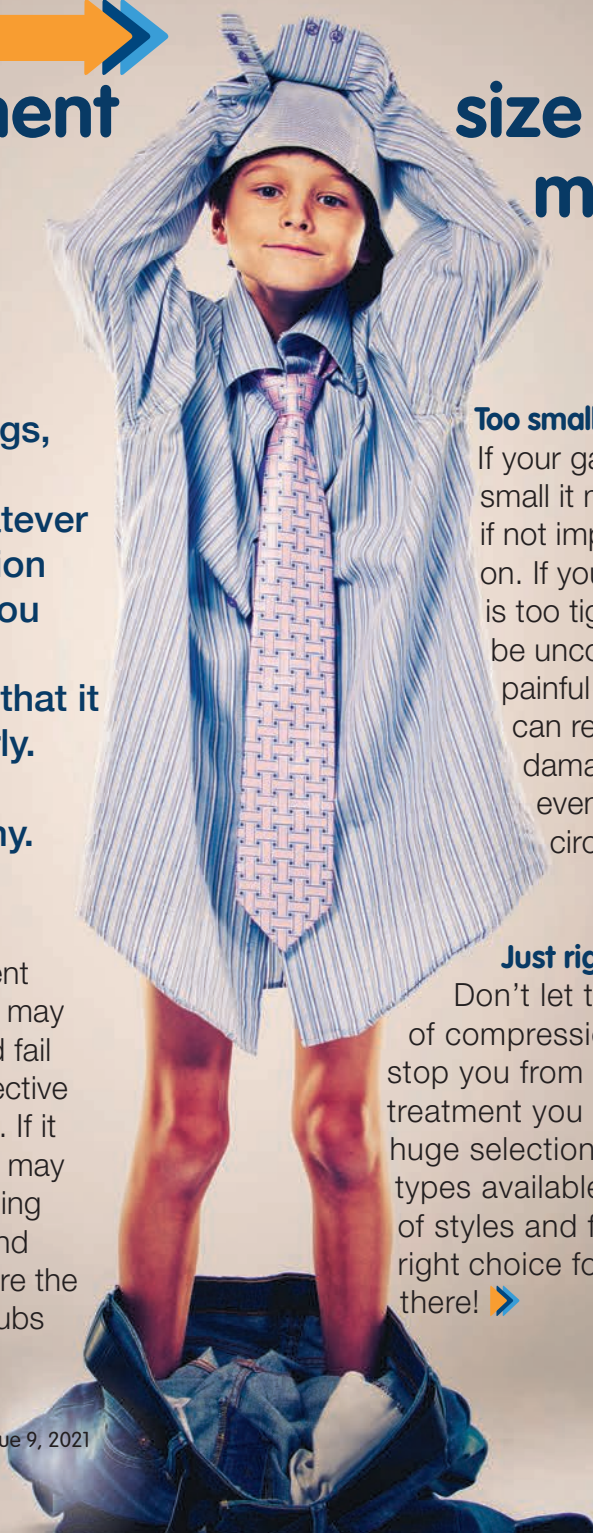
If your garment is too large it may fall down and fail to deliver effective compression. If it is too long, it may wrinkle, causing discomfort and damage where the extra fabric rubs the skin.

## **Too small**

If your garment is too small it may be difficult if not impossible to put on. If your garment is too tight, it may be uncomfortable or painful to wear, and can result in skin damage and may even restrict your circulation.

## **Just right**

Don't let the wrong size of compression garment stop you from getting the treatment you need. With a huge selection of garment types available in a range of styles and fabrics, the right choice for you is out there! ➤





# Why use Flamigel® RT

Protecting the skin against radiotherapy-induced dermatitis with Flamigel® RT



Flamigel® RT is a hydro-active colloid gel (not a moisturiser/emollient) which delays the onset and reduces the incidence of radiotherapy-induced moist desquamation.

## Care advice for Flamigel® RT

- ✓ Creates optimal healing conditions to accelerate cell renewal
- ✓ Reduces redness and irritated skin
- ✓ Protects the skin
- ✓ Reduces pain
- ✓ Hydrates the skin and restores moisture balance
- ✓ Provides a barrier against contamination
- ✓ Cools the skin

Flamigel® RT helps to continue the prescribed radiotherapy treatment by delaying the onset and reducing the incidence of radiotherapy-induced moist desquamation (RIMD).

**Care.** Always ask your Health Care Professional's advice.



### Clean

Clean the skin with clean water or with a specific wound cleanser if advised by your nurse or doctor.



### Dry

Dry the skin gently with a clean towel by patting the skin.



### Treat

Using your fingers apply liberally Flamigel® RT 3 times per day to the treated area. Use from day 1 of treatment.



# Pump it up! Top tips for healthier legs

Whether you are relaxing or on the move, here are some top tips to get your blood moving and help to improve the health of your lower limbs.

## Walk

Walking makes your calf and foot muscles contract, which helps to squeeze blood from the lower limb back towards the heart. This helps to clear swelling from the leg, and exercising while wearing your compression enhances this effect even more!

## Move your feet

Simple foot exercises while sitting can also get your muscles squeezing and

blood pumping. Flexing your foot up and down and rotating your ankle as often as you can will help to keep your feet and legs healthy.

## Elevate

When sitting, if possible elevate your legs to help blood flow towards the heart. Avoid crossing your legs to keep your blood flowing. ➡





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## HidraWear: a new solution for people with hidradenitis suppurativa (HS)

If you suffer from painful leaking lumps and bumps that come and go, you may have Hidradenitis suppurativa (HS).

HS is a chronic inflammatory skin disorder that causes painful secreting nodules and abscesses near the apocrine glands, commonly including the armpits (axilla), groin, buttocks and breasts. It can occur in anyone, but is more common in adult women of working age and in people of African and Afro Caribbean origin. People with HS can often wait for upto seven years before the condition is diagnosed properly.

HS is seen as a debilitating disease because of the impact that signs and symptoms such as pain, discomfort, leaking discharge and itching, have on everyday life. Leaking lumps and bumps can be difficult to manage because of their location. Historically there has been no specific dressing available for people with HS to wear, presenting a number of challenges. Frequent dressing changes may be needed as they are not absorbent enough, while dressings that are sufficiently absorbent may be bulky and uncomfortable to wear. Mobility can be restricted so that dressings don't fall off, since adhesives can't be used on fragile skin.



### HidraWear

Fortunately, HidraWear is a wearable wound care system that has been designed, developed and tested by people with HS for people with HS.

The HidraWear garment (available as a woman's top, unisex t-shirt, male shorts or female briefs) is designed to conform to the body and is used in conjunction with HidraWear Hidrasorb Dressings that are secured into place using external fasteners that use Hidrahex Hook and Loop retention technology.

## 1. Donning Garment\* - AX Women's Crop Top\_\_\_\_\_



**1.** Adjust the back strap sliders to desired length



**2.** Insert arms into arm holes as when donning a jacket



**3.** Close the garment using the hook and eye fasteners at the front



**4.** Adjust the straps for a comfortable and snug fit in the armpit area

## 2. Applying the Dressing \_\_\_\_\_



**1.** The skin facing side of the dressing is smooth, the outwards facing side of the dressing has a hexagonal pattern.



**2.** Insert the dressing into the garment, over the affected area. Smooth side facing the skin.



**3.** Use external fastener to secure the dressing in place by pressing the Velcro tabs onto the dressing through the holes in the garment

**\*Please note:** Donning for the AX Unisex T-Shirt, BB Womens Briefs and BB Mens Boxers Briefs is like applying your normal clothing. Please pay particular attention that the HidraHex holes are flat and positioned correctly.



**HidraWear is a wearable wound care sytem designed and tested by people with HS for people with HS.**

### 3. Making Dressing Changes



**1.** Gently remove the fastener from outside the garment



**2.** Gently remove dressing from the affected area



**3.** Apply new dressing to affected area, under the garment, smooth side facing the skin



**4.** Use external fastener to secure the dressing in place by pressing the Velcro tabs onto the dressing through the holes in the garment



### 4. Removing the Garment



**1.** Gently remove the fastener from the outside and then the dressing from the garment from the inside



**2.** Open the garment by opening the front strap and hook and eye fastener at the front



**3.** Remove the garment as you would remove a jacket.



## Frequently asked questions and answers

**The dressings I have used before to manage my HS have been hard to keep in position and have rubbed my skin. Can HidraWear help?**

HidraHex Hook & Loop retention technology secures the HidraWear dressing in place through the garment without the use of any adhesives that can irritate and further damage the skin. The seams of the HidraWear garments are on the outside of the garment, to ensure that soft, breathable fabric conforms to the skin to further reduce irritation and allow smooth and frictionless movement.

**Sometimes I need to change my dressing and clothes twice a day as my dressings leak through to my clothes which can be embarrassing. Can the Hidrasorb dressing stop this?**

Hidrasorb is a soft and conformable wound dressing that can absorb up to 80ml of fluid. This means it can quickly absorb any sudden leakage. The fluid is then locked into the dressing using Super Absorbing Polymer technology so that the dressing remains dry to the touch, improving comfort and facilitating healing. Finally the dressing has a fluid repellent backing that prevents leakage onto clothes and bedding.

**How do I ensure that the garment I order is the right size?**

Choosing the correct size is extremely important to ensure you gain the maximum benefit from your HidraWear products. Please ensure measurements are taken and cross checked with the sizing table before ordering. Further advice is available via the Daylong Direct website or customer service team **0115 932 0144**.

**Is the HidraWear Dressing Retention System available on prescription?**

Yes

**What do I do with my prescription?**

You can take your prescription to your local pharmacy or you can use Daylong Direct, a Dispensing Appliance Contractor (DAC). This simply means that they can also dispense your prescription and send it to you at home, free of charge.

**Can I order dressings separately to the HidraWear garment?**

Yes, a box of 60 7.5cm x 12.5cm HidraWear Hidrasorb Dressings can be purchased whenever needed. This equates to approximately one month supply for moderately exudating wounds for 1-2 areas/sites. Your garment is guaranteed for 6 months or a total of 90 washes, and it is recommended that you have two garments; one to wear and one to wash.

**Please contact** our friendly customer care team on: **0115 932 0144**



# Commonly encountered compression problems solved

Daylong Direct provides answers to commonly asked compression questions. If you have a question, please write to us at [editorial@daylongdirect.co.uk](mailto:editorial@daylongdirect.co.uk), and we will try to help.

**Q.** How tightly should my compression garment fit? The stocking I have is quite tight; it digs in and is uncomfortable to wear.

**A.** Your garment should feel supportive when you wear it, but should not be so tight that it digs in, or causes pain or discomfort. If your garment is too tight, it can be difficult to apply, may cause damage to your skin and, in extreme situations, restrict your circulation. Before ordering a garment, it is important that your limb is measured according to the

manufacturer's guidelines for the specific garment you want to ensure correct size and accurate fit. It is also important to consider that the garment you need may change according to your overall health and the condition of your limb. For example, if you experience more swelling than usual, your garment may become too tight, whereas if swelling reduces, your garment will be loose and less effective. This is why it is important to undergo regular reassessment with your healthcare professional to ensure your garment is appropriate for you.





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**Q.** I have arthritis which affects my wrists and hands. This means I struggle to apply my compression garment. Is there anything available that can help me apply my hosiery?

**A.** If your manual dexterity makes it difficult for you to pull on your hosiery, an application aid may help. Alternatively, a different style or type of garment may be helpful. For example, garments with zip fastenings are available, or if your healthcare professional recommends it, a softer fabric. A compression wrap, which is wrapped around the limb and fastened using VELCRO® fasteners, may make application easier for you. Before you change the type of style or garment you use, it is important to check with a healthcare professional that it is appropriate for you to use it.

**Q.** Why does my compression garment roll when I wear it?

**A.** Garments roll for a number of reasons. For example, if swelling is present, rolling may occur because the fabric is not stiff enough to contain it. Rolling will also occur if the style of the garment is unsuitable for the shape of limb, or if the garment size is incorrect. Also consider if the top band of the garment is too narrow to achieve good anchorage. To avoid rolling, check your garment is made from the best material for your condition, and that it is delivering the right amount of compression. For example, a limb with lymphoedema might require a stiffer fabric to contain the swelling. Would a thigh length garment suit your limb shape better?

If all these factors are correct and rolling is still a problem, remeasure your limb and check your measurements against the manufacturers' guidelines. If the fit is correct, consider the use of a hosiery adhesive to help the top band stay in place, as long as it is not too restrictive.



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**Time Saving**



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**Q.** I have always believed that wounds heal by exposing them to the air, and letting a scab develop, yet I have been advised by my healthcare professional that I should cover my venous leg ulcer with a dressing. Is this right?

**A.** Wearing a dressing can help your wound in a number of ways. A dressing provides a barrier that helps to prevent microorganisms in the environment from entering your wound. This can reduce your risk of developing a wound infection.

Your wound may also produce fluid known as exudate, which in some cases may be in such a large amount that it may leak through your garment and clothing, leading to discomfort and embarrassment. In some cases, exudate may result in skin damage and wound enlargement if it is not managed correctly. When your dressing becomes wet on the back, it needs changing. Using a dressing can also prevent your

compression garment from sticking to your wound and causing damage to the delicate healing tissue on removal. By preventing direct contact between your wound and garment, a dressing will also help to keep your garment cleaner for longer.

The dressing you should use is influenced by the stage of healing that your wound is at, and factors such as your skin condition, the amount of fluid it produces, if infection is present and if it is being used beneath compression. For this reason, your healthcare professional should regularly review the progress of your wound and modify the dressing used when necessary.

**Q.** My compression garment bunches up when I wear it. How can I stop this from happening?

**A.** If your garment bunches during wear, the pressure the wrinkles create can result in skin damage, which you may notice as areas of redness or skin breakdown. To get the best out of your garment it needs to fit correctly, so



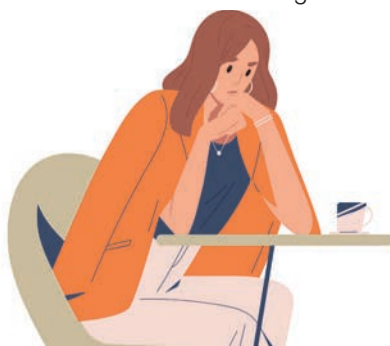


first check the garment measurements are correct for your limb. You or your healthcare professional should check your measurements against the manufacturers' leg length. You might find that the garment is too long for your leg. Not all products use the same measurements, so find a garment that fits your measurements best. If your garment is too long, don't be tempted to fold it over, as double the fabric will create double the pressure. This could result in skin damage and restricted blood flow. Similarly, you should not cut your garment to fit, as this can irreversibly damage the elastic fibres of the garment. If your garment size is correct, your application may be causing wrinkles. Make sure the material is stretched evenly over your limb, and smooth out any crinkles. Wearing a pair of household rubber gloves as you do this can make it easier.

**Q.** I have lymphoedema in my arm following surgery for breast cancer,

I have been told to be careful that I don't damage the skin on my arm. Why is this?

**A.** Any break in your skin puts you at risk of infection from microorganisms in the environment. People with lymphoedema have fragile skin putting it at an increased risk of damage during everyday activities. There are a number of precautions you can take to avoid this. Wear heavy duty gloves when gardening. When cooking make sure your hands and arms are protected with oven gloves when handling hot dishes and pans to avoid a burn. Similarly, when washing up or immersing hands in water or chemicals when cleaning, be sure to wear rubber gloves. It is also important to wear sunscreen to avoid sun damage. If damage does occur, wash the area gently and apply an antiseptic cream and check for signs of infection, including redness, heat and pain. ▶



The advice given here is for commonly encountered problems and is in no way prescriptive. If you are concerned or unsure in anyway, please seek expert advice. Before wearing compression, it is advisable to undergo a thorough clinical assessment to make sure it is suitable for you, that you select the right garment, and that it fits properly.

# The mind and body benefits of snuggling up with a book

Reading is known to have a positive impact on both mental and physical health, and these benefits last a lifetime. Here we explain how regular reading leads to greater wellbeing.

## Discover more about yourself and understand others

Reading exposes us to characters that we love and hate, and gives us the opportunity to consider our own beliefs and reactions by comparison. This helps us to develop emotional intelligence by seeing things from new perspectives and understanding the motivations of others.

## Keep your mind active

Reading has been shown to stimulate neural pathways in the brain. As your reading ability matures the networks become stronger, more active and sophisticated.

## Live for longer

People who read books were found to live for two years longer than those who didn't, while people who read for more than 3.5 hours each week were 23% more likely to live longer than non readers.

## Good for mental health...

Reading helps you visit other worlds from the comfort of your armchair, while reading nonfiction in the form of self-help or improvement can give you strategies to cope with your problems.

Reading can engage your mind, which is important as you grow older to maintain and improve your cognitive function.

Reading for pleasure can improve confidence and self-esteem, and reduce feelings of loneliness.

## And physical health too...

Just 30 minutes of reading has been shown to lower blood pressure,



heart rate and psychological distress as effectively as activities such as yoga.

### To summarise

Reading improves brain connectivity, prevents cognitive decline and may help you to live for longer.

It reduces stress, lowers blood pressure and heart rate and helps to fight depression.

### It's never too late to start!

The benefits of reading are cumulative so the sooner reading becomes a habit the better, but remember its never too late to start! ➤

### Get started!

#### BBC 2 Between the Covers

Chat show about books, with reading recommendations  
[www.bbc.co.uk/programmes/m000n7sl/episodes/guide](http://www.bbc.co.uk/programmes/m000n7sl/episodes/guide)

#### Costa Book awards

Awards in five categories - First Novel, Novel, Biography, Poetry and Children's Book- with recommended reading lists for each  
[www.costa.co.uk/behind-the-beans/costa-book-awards/book-awards](http://www.costa.co.uk/behind-the-beans/costa-book-awards/book-awards)

#### Richard and Judy Book Club

For book recommendations visit  
[www.richardandjudy.co.uk](http://www.richardandjudy.co.uk)

#### Reading Groups for Everyone

The UK's largest reading group network.  
[www.readinggroups.org](http://www.readinggroups.org).

#### Reading Well

Understand and manage your health through reading.  
[www.reading-well.org.uk](http://www.reading-well.org.uk)

Source: [www.bbc.co.uk/teach/why-is-reading-good-for-me](http://www.bbc.co.uk/teach/why-is-reading-good-for-me);  
[www.healthline.com/health/benefits-of-reading-books](http://www.healthline.com/health/benefits-of-reading-books)

# Action Reliever knee brace is now available on prescription

Clinically proven to reduce pain and improve mobility and quality of life for people with osteoarthritis

**Action Reliever** is an off-loading knee brace. This means that it reduces the physical load on the part of the knee affected by osteoarthritis, and spreads it evenly throughout the knee joint as a whole by holding the leg in a normal alignment. This helps to reduce compression and inflammation and is proven to relieve pain<sup>1</sup>.



Studies have shown that the use of an off-loading knee brace is of benefit for people with osteoarthritis who are waiting for surgery<sup>2</sup>. Patients who wore a brace for more than two years did not need surgery when followed-up after eight years<sup>2</sup>. The use of an off-loading knee brace has also been shown to improve quality of life for some people with osteoarthritis<sup>2</sup>.



## How does **Action reliever** work?

**Action Reliever** knee brace has a number of features that make it comfortable to wear and help it to reduce the load on your knee.

- ✓ Straps (which are adjustable) create a pressure system clinically proven to reduce pain, increase mobility and allow proper anchoring when people walk;
- ✓ A combined rigid adjustable hinge takes care of the affected side of the knee while the unaffected side of the knee is supported by a flexible stay;
- ✓ Anatomical knitting and compression areas at the back of the knee and the edges of the brace maximise all-day comfort;
- ✓ Slim and discreet under clothing.





Users of the **Action Reliever knee brace** have commented:

“I am able to exercise again **with no pain**, also beneficial when walking and climbing the stairs. **It's comfortable and reassuring to use.**”

“By wearing the brace, the **pain on exertion was reduced** and the **pain-free distance extended.**”

“I now have a **substantial reduction in my knee pain.**”



### How can I get **Action Reliever** on prescription?

Simply ask your GP for a prescription for **Action Reliever**. To download a letter and information leaflet to take to your GP, visit **[www.actionreliever.co.uk](http://www.actionreliever.co.uk)** or call **01892 335877**.

“Instead of suffering in silence, I asked my GP to prescribe me an **Action Reliever knee brace**. **It's totally changed my life.**”

Once you have your prescription, simply take it to your preferred pharmacy or supplier, such as **Daylong Direct**.

Alternatively, you can buy **Action Reliever** from **[www.thuasne-store.co.uk](http://www.thuasne-store.co.uk)** or **[www.daylong.co.uk/action-reliever](http://www.daylong.co.uk/action-reliever)**

# Lipoedema Diet and Lifestyle PhD opportunity

Lipodema UK are looking for a candidate with a Masters of Science degree in nutrition to carry out research into how diet and lifestyle affects lipodema management.

The research is at PhD level and is a full-time post during which the candidate will research the impact that diet has on lipoedema with a view to then developing dietary guidelines for lipoedema management. Currently no such guidance exists in the UK. If this post is of interest, please contact Lipodema UK.

[www.lipoedema.co.uk](http://www.lipoedema.co.uk)

## PhD STUDY IN LIPOEDEMA DIET & LIFESTYLE

DE MONTFORT UNIVERSITY/LIPOEDEMA UK

*A unique opportunity for an ambitious and enthusiastic self-motivated student*

Lipoedema is a chronic adipose tissue disorder involving an excessive abnormal deposition of subcutaneous fat mainly in arms, legs. The affected areas are heavy, painful and bruise easily. Lipoedema is hereditary, hormonal and almost exclusively affects women. Patients with lipoedema often have the added psychological distress of being misdiagnosed by their GP as obese.

Despite anecdotal evidence on benefits of certain diets in improving lipoedema, scientific studies are lacking. Currently there are no dietary guideline in the UK for lipoedema management.

### STUDY AIM

- research how dietary practice affects lipoedema management
- design dietary intervention and test its efficacy
- develop UK-based dietary guidelines for lipoedema management



### PhD STUDY OVERVIEW

- full-time/3-4 years, starting any time from January 2022 onwards
- suited to those pursuing a career in weight management, research in clinical nutrition, obesity, endocrinology, immunity, metabolic diseases and eating disorders/behaviour, public health nutrition

### PhD ENTRY REQUIREMENTS

- a Masters of Science degree in Nutrition specialising in the clinical aspects or related, e.g. medicine, clinical medicine, medical science or pharmacy ~ awarded at minimum a Merit level
- knowledgeable in areas of anatomy and physiology, fat metabolism and metabolic disease

- knowledge in human nutritional science and research methodologies in health-related research
- good communication skills and experience in statistical analysis of quantitative and/or qualitative data
- knowledge/experience in cross-sectional and human intervention research methodologies

[www.findaphd.com/phds/project/dietary-intervention-and-efficacy-in-improving-lipoedema-symptoms-among-patients-in-the-uk/?p133563](http://www.findaphd.com/phds/project/dietary-intervention-and-efficacy-in-improving-lipoedema-symptoms-among-patients-in-the-uk/?p133563)

[lipoedema.co.uk](http://lipoedema.co.uk)
[jessica.jin@dmu.ac.uk](mailto:jessica.jin@dmu.ac.uk)

## You've got the power to care for your legs and feet

**LEGS  
MATTER!**

When it comes to keeping your legs and feet healthy you have more power than you might think. Legs Matter recommend five things you can do to take charge of your leg and foot health.

These include: putting your feet up, ditching the soap, making a GP

appointment, checking your legs and feet and doing some simple exercises such as heel raises. To get more information on how these actions can help, and to access a wealth of useful downloadable, printable resources for patients and healthcare professionals, visit our website below.

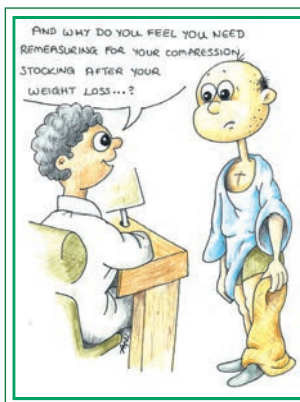
#legsmatter.  
[www.legsmatter.org](http://www.legsmatter.org)

**STAND  
UP FOR  
LEGS**



## Help your GP to help you!

If you have lymphoedema, please let your healthcare provider know about the new Lymphoedema Support Network and *British Medical Journal* lymphoedema module and encourage them to go online to complete it. By doing the module they will learn about compression, skin care, movement and the emotional cost of the condition. The module is written by lymphoedema experts and a GP, is free to use and has CPD points.



**LSN**  
THE LYMPHOEDEMA  
SUPPORT NETWORK

When you see a patient with limb swelling, is a lymphatic system problem on your list of differentials?

Do you know how to help patients with chronic oedema/lymphoedema?

This module will empower you with simple steps to take next, to help your patients on their journey to diagnosis and treatment.

Dr Catherine O'Leary,  
General Practitioner.

<https://new-learning.bmj.com/course/10066074>  
[www.lymphoedema.org](http://www.lymphoedema.org)

## Leg Club cooks up a storm for charity

Leg Club Favourites is a book with a difference. It contains over a 150 favourite recipes of NHS staff and international clinicians as well as volunteers, members and friends of the Leg Clubs from across the UK and further afield. The book was created during lockdown by Ellie Lindsay OBE, Lifetime President of the Lindsay Leg Club Foundation as means of connecting with others and providing cooking inspiration to help everyone through a difficult time. All proceeds are donated directly to the Leg Club Foundation to support their work caring for people with lower leg wounds in a community setting. Treat yourself and your loved ones today! [www.legclub.org](http://www.legclub.org).





# Daylong Direct: **free delivery** straight to your door

When you need your compression garment renewing, **follow our three step process to get it delivered straight to your door.** Daylong Direct dispense ALL Compression Garments on Drug Tariff Part IXA.

## 1. Clinic visit

If you are ordering compression for the first time, you will need to see a healthcare professional to confirm that it is safe for you to wear compression and that it is the right treatment for you. Once your healthcare professional is happy that it is safe, you can discuss which garment is best for you, you will be measured and will receive a prescription.

If you have been wearing compression for a while, you may have a repeat prescription. This is a white form attached to your green prescription that enables you to get a new garment without seeing your clinician. If you have lost your repeat prescription, contact your healthcare professional to order a new one. Your repeat prescription is valid for 6–12 months, after which you will need a review to check your compression is still right for you, as there may have been changes in your general or limb health.

## 2. Prescription

Once you have your prescription, send it to Daylong Direct using our **FREEPOST** address:

**FREEPOST RTHL-YUAG-GCST,  
Daylong Direct, 10 Cossall Industrial  
Estate, Ilkeston, Derbyshire, DE7 5UG.**

*You can request free envelopes from our customer service team, or write the address on a normal envelope.*

Alternatively, You will need to ask your healthcare professional to send to us using Daylong Direct (reference No. FJ708) as the preferred dispenser.

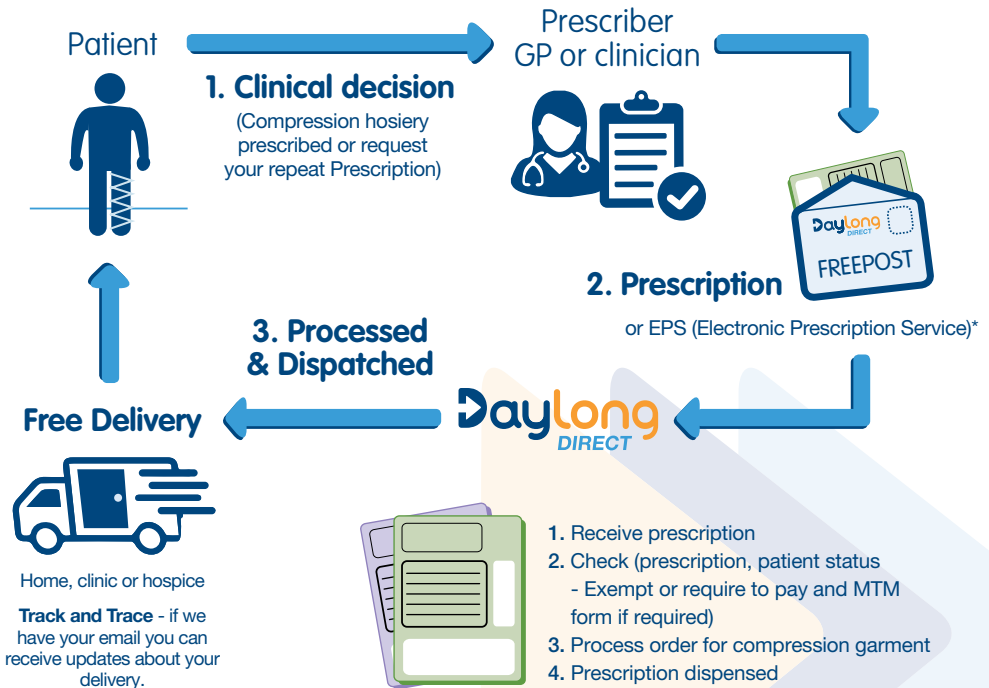
Did you know you can nominate Daylong Direct as your preferred supplier of compression hosiery today. A free and easy way to get your prescription for compression hosiery - to find out more at **[www.daylong.co.uk](http://www.daylong.co.uk)**

### 3. Processed & Dispatched

Once we receive your prescription, we will check that we have all the information we need, and will dispatch your garment straight to your door for **FREE** via first class post. Our specialist knowledge on compression hosiery and garments allows us to dispense prescriptions quickly, usually within 3-5 working days\* on receipt of the prescription, directly to your preferred address.



**The Re-Mind** (Reminder) service helps you know when they need to order a **NEW** pair of compression garments on prescription. **Our FREE service helps keep patients informed and empowered.**



\* Requires patient nomination

Empower  
your life and  
join the  
community



**LymphConnect<sup>®</sup> is  
here to help!**

Your free lymphoedema and lipoedema  
online resource:

**[www.LymphConnect.co.uk](http://www.LymphConnect.co.uk)**

