



## Dr Deepak Williams

MBBS, FRCS (Eng), FRCS (Edin), FRCS (Glas), FRACS, FRACS (Vasc)  
**VASCULAR AND ENDOVASCULAR SURGEON**

Provider No. 237979BL

St Vincent's Hospital Medical Suites

Suite 2, Level 1

20 Dalley Street

Lismore NSW 2480

Tel: **1300 ARTERY**

**1300 278 379**

Fax: (02) 6621 3411

Email – [admin@ncvascular.com.au](mailto:admin@ncvascular.com.au)

Website: [www.ncvascular.com.au](http://www.ncvascular.com.au)

Skype Address: NorthCoastVascular

### **Compression therapy plays a vital role in the treatment of leg ulcers**

The majority of leg ulcers are venous in origin and are caused by incompetent valves in the veins of the leg. Prevention and treatment of venous ulcers is undertaken by either surgery to remove the incompetent veins or by the application of compression bandages or stockings to reduce the pressure in the veins. The majority of venous ulcers heal with compression bandages or stockings, however ulcers frequently recur. Clinical guidelines therefore recommend that patients continue to wear compression after their ulcers heal, to prevent recurrence.

Grade 11 compression stockings are most commonly prescribed for patients with venous ulcers and every effort should be made by health professionals to support and educate patients with application of compression to reduce rates of reulceration due to non compliance.

At North Coast Vascular we are happy to provide guidance and instruction on the correct application of compression therapy. Christine Kemp RN

#### **HEALTH BENEFITS OF WALKING**

**VASCULAR HEALTH** – Walking 30 – 60 minutes a day may help relieve calf pain (claudication) you experience with peripheral arterial disease.

**DEMENTIA** – seniors who walk 10 – 15 kilometres per week are less likely to suffer from mental decline as they age, including dementia

**DIABETES** – Walking 30 minutes/day, 5 days a week, along with moderate diet changes, can halve risk of Type 2 Diabetes

**HEART DISEASE** – Walking 30 minutes/day, 5 days a week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure

**ARTHRITIS** – Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms

**DEPRESSION** – Walking triggers endorphins, promotes relaxation and prevents anxiety and depression