



# Pressure ulcers.

Prevention is better than cure.



Anybody who sits or lies down for long periods of time is increasing their risk of getting pressure ulcers. Your Turn is designed to help people understand the causes of pressure ulcers and, therefore, prevent them in the first place.

If you or somebody you know may be at risk of pressure ulcers then there is a website to help. Visit [www.your-turn.org.uk](http://www.your-turn.org.uk)

**For specific questions about your personal circumstances please seek advice from your healthcare professional.**

For further information on the prevention of pressure sores visit [www.your-turn.org.uk](http://www.your-turn.org.uk)

