

# Understanding Bedsores (Pressure Ulcers)

## **Bedsore | Pressure Ulcers**

Bedsore are injuries to the skin and the tissue below the skin that are due to pressure on the skin for a long time. Bedsore most often arise on skin that covers bony areas of the body, such as the heels, ankles, hips and tailbone. Bedsore also are called pressure ulcers, pressure injuries and decubitus ulcers.

The people who are most at risk of bedsore have medical conditions that keep them from changing positions or moving. Or they spend most of their time in a bed or a chair.

Bedsore can arise over hours or days. Most sores heal with treatment, but some never heal completely. You can take steps to put a stop to bedsore and help them heal.

[The MayoClinic devotes a section of their website to comprehensive information on pressure ulcers:](#)

- Symptoms
- Causes
- Risk Factors
- Complications
- Prevention

Whether you are researching information on a suspected pressure ulcer, or looking for ways of preventing them, the [MayoClinic website information](#) is for you. The website also includes more in-depth information, multimedia, and resources for anyone wishing further information. Consulting with your physician is also advisable if there is a concern of a suspected pressure ulcer.

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Mayo Clinic

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<https://www.mayoclinic.org>

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