

Understanding Pressure Sores

Bedsores — also called pressure sores or pressure ulcers — are injuries to skin and underlying tissues that result from prolonged pressure on the skin. Bedsores most often develop on skin that covers bony areas of the body, such as the heel, ankles, hips or buttocks.

People most at risk of bedsore are those with a medical condition that limits their ability to change positions, requires them to use a wheelchair or confines them to a bed for prolonged periods.

Bedsore can develop quickly and are often difficult to treat. Several care strategies can help prevent some bedsore and promote healing.

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

- Causes
- Symptoms
- Risk Factors
- Complications
- Tests and Diagnosis
- Treatments and Drugs
- Coping and Support
- 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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<https://www.mayoclinic.org>

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