

## **Aloe vera gel in geriatric bedsores. Efficacy of cold-processed gel vs synthetic wound care agents**

Source: LEF Magazine August 1998

### **Nursing One's Own Health**

Mary Briggs, R.N., offers an example for patients and colleagues

....."Because I'm a geriatric nurse, I am constantly around the elderly, and you cannot have your nose rubbed in old age as I do without knowing the reality of getting older...and the platitudes about the golden years are frankly rubbish," complains Briggs. "If you live long enough to become so debilitated that you are no longer able to care for yourself, then it's 'game over.' That's my opinion. Bump! I'm outta there, because it's no fun anymore.

"I have to inhibit the damage of chronological aging. If I use today's technology, there is no way I could become immortal. Yet, if we can use what we have to hang on in good enough condition until more profound solutions arrive, then we are going to win." Like many RN's, Briggs is a doer, an empathizer, and in her case, a confirmed crusader, *having personally run trials of aloe vera's efficacy in treating the stubborn **bedsores** of her geriatric charges. Substituting a **cold-processed aloe gel** for the usual, and expensive, synthetic wound care agents, the results were startling. Healing time decreased markedly, with the previously intractable ulcerations on several of her patients mending nicely.....*