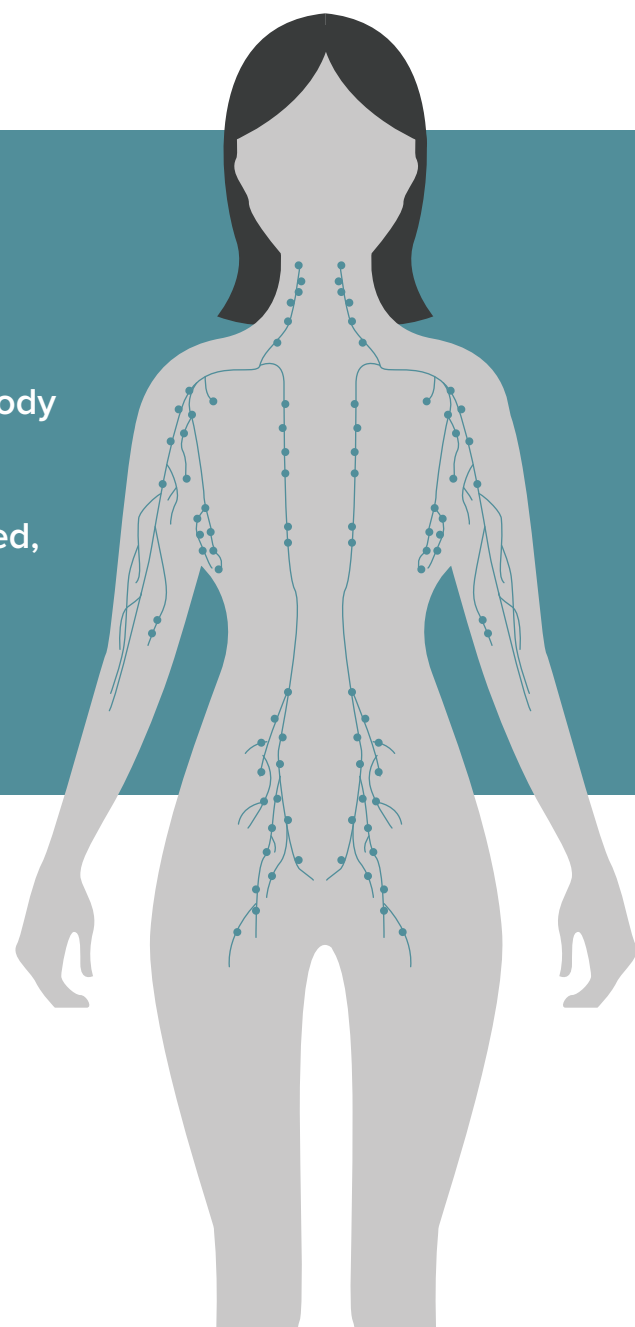


# WHAT IS LYMPHEDEMA?

Lymphedema is swelling caused by a damaged lymphatic system. Our body is covered with lymphatic vessels. These vessels are responsible for the transport, collection, and filtration of protein and the metabolic waste of inflammatory products in bodily fluids. If the lymphatic system is damaged, it can no longer process sufficient fluid, causing visible swelling in your arms, legs, and feet.

Lymphedema is a chronic disease that can be effectively treated.



There are two forms of Lymphedema

## PRIMARY

Primary Lymphedema is rare and results from abnormal development of the lymphatic system. Symptoms can occur beginning at birth or later in life.

## SECONDARY

Secondary lymphedema is more common. This form is caused by damage to the lymphatic system from cancer, radiation therapy, surgery, lymph node removal, scar tissue or parasites (rare).

There are 4 different stages of Lymphedema

### STAGE 1

Damage to the lymphatic vessels, no visible form of lymphedema

### STAGE 2

Soft edema occurring in the evening, disappearing or minimizing with leg elevation.

### STAGE 3

Thickened skin with persistent edema. Does not minimize with leg elevation.

### STAGE 4

Large, complicated swelling with pronounced skin changes. Wart-like growths, small blisters or fistulas containing lymph fluid may discharge.

## SYMPTOMS

\*Only a specialist can diagnose whether you have lymphedema or not.

- Swelling of the arms or legs
- Reduced flexibility in the hands, wrists, or ankles
- Stiffness or tingling of the skin
- Hardening or thickening of the skin

## TREATMENT

While lymphedema is a chronic disease, there are many treatment options available. Ask your doctor which one is right for your lifestyle.

Complex Physical Decongestant therapy (CPD) is a successful form of treatment for lymphedema. Helping to drain lymphatic fluid, restructure, hardened connective tissues and reactivate the muscle pump. CPD is divided into two phases:

### Phase 1: Decongestant

Skin & hygiene treatment, manual whole-body lymph drainage, compression bandage therapy, special exercise.

### Phase 2: Maintenance

Skin & hygiene treatment, manual whole-body lymph drainage, compression stocking therapy, special exercise.



medi reduction kit

## Compression Therapy

Compression wraps and bandaging help to exert pressure on the affected muscle and tissue to promote proper lymph drainage and can prevent lymph from flowing back into the affected area. During the decongestant phase, the affected limbs are bandaged using special graduated compression wraps. During the maintenance phase, graduated compression socks and stockings are used to continue the proper flow of lymph fluid.



Lounge Doctor Leg Rest

## Leg Elevation

When the lymphatics become blocked, the leg swells because fluid has accumulated in the soft tissue. Leg elevation will help relieve the aches associated with fluid retention while promoting the collected fluid to drain and reduce swelling. Elevating your legs above your heart will allow the fluid to drain back towards your chest.



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