

Lymphedema: A Beginners Guide to Treating Lymphedema

What is Lymphedema?

Lymphedema is a condition that causes swelling in the arms, legs, or genitals. It is caused by a blockage in the lymphatic system, which is a network of vessels that helps to drain fluid from the body. Lymphedema can be caused by a variety of factors, including:



Lymphedema: A Beginners Guide to Treating

Lymphedema by Serena Sterling

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Enhanced typesetting : Enabled
Word Wise : Enabled
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- Surgery
- Trauma
- Infection
- Cancer treatment

Lymphedema is a chronic condition, but it can be managed with a variety of treatments. These treatments include:

- Massage
- Compression therapy
- Exercise

Symptoms of Lymphedema

The symptoms of lymphedema can vary depending on the severity of the condition. Some of the most common symptoms include:

- Swelling in the arms, legs, or genitals
- Heaviness or tightness in the affected area
- Pain
- Stiffness
- Skin changes, such as thickening or hardening

Diagnosis of Lymphedema

Lymphedema is diagnosed based on a physical exam and a medical history. Your doctor may also Free Download some tests to confirm the diagnosis, such as:

- Lymphoscintigraphy
- MRI
- CT scan

Treatment of Lymphedema

There is no cure for lymphedema, but it can be managed with a variety of treatments. These treatments include:

Massage

Massage can help to reduce swelling and improve circulation in the affected area. There are a variety of different massage techniques that can be used to treat lymphedema, including:

- Manual lymphatic drainage
- Compression massage
- Lymphatic decongestive therapy

Compression Therapy

Compression therapy involves wearing compression garments, such as stockings or sleeves. Compression garments help to reduce swelling and improve circulation in the affected area. There are a variety of different types of compression garments available, and your doctor will help you choose the right type for you.

Exercise

Exercise can help to reduce swelling and improve circulation in the affected area. There are a variety of different exercises that can be used to treat lymphedema, including:

- Walking
- Swimming

- Cycling
- Yoga

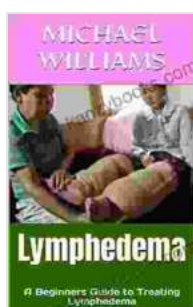
Living with Lymphedema

Lymphedema is a chronic condition, but it can be managed with a variety of treatments. If you have lymphedema, it is important to work with your doctor to develop a treatment plan that is right for you. With proper treatment, you can manage your lymphedema and live a full and active life.

Resources

There are a number of resources available to help you learn more about lymphedema and its treatment. Some of these resources include:

- The National Lymphedema Network
- The Lymphatic Education & Research Network
- The American Cancer Society



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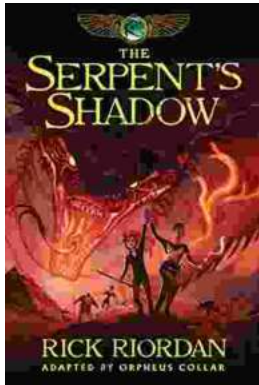
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