

LIVE
THE
LIFE
YOU
WANT



DEFY GRAVITY



**LYMPHEDEMA - ITS
CAUSES, MANAGEMENT,
AND MOVING FORWARD**

LIVING WITH LYMPHEDEMA

Yes, lymphedema is a long-term condition, but with certain lifestyle changes you'll be able to minimize restrictions and maximize enjoyment of life's pursuits and pleasures. Read on for an overview of what you may expect to experience as you go forward, living a full life with lymphedema.

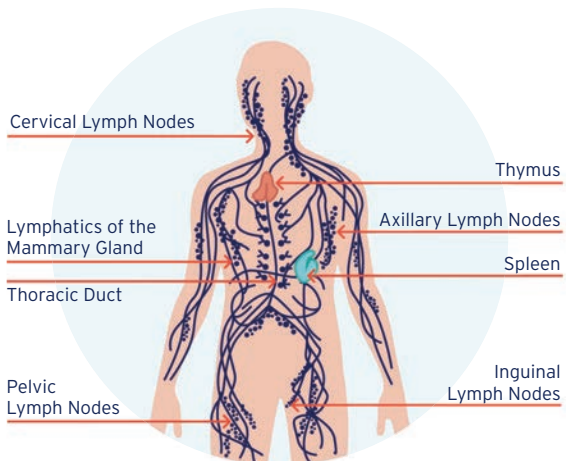


WHAT IS LYMPHEDEMA?

Lymphedema involves tissue swelling caused by an accumulation of protein-rich fluid typically drained through the body's lymphatic system. Most commonly affecting the arms or legs, it can also occur in the chest wall, abdomen, neck, and genitals.

WHAT DOES THE LYMPHATIC SYSTEM DO?

- **Fight infection:** The lymphatic system is part of the immune system. It produces and releases cells that are called lymphocytes, also known as white blood cells, which defend your body against bacteria or viruses amongst others.
- **Lipid (fat) absorption:** The lymphatic system also absorbs lipids (fat) from the gut and transports them to the blood.
- **Maintain the body's fluid levels:** The lymphatic system collects excess fluid, including waste produced by your body's cells. It filters the fluid and transports it back to your blood system.



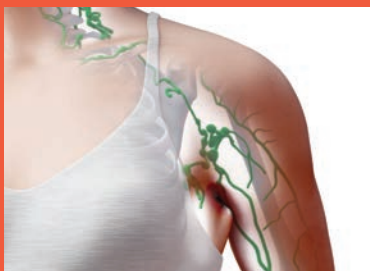
WHAT CAUSES LYMPHEDEMA?

Any type of problem that blocks the drainage of lymph fluid can cause lymphedema. There are two types of lymphedema:

- Primary Lymphedema - The lymphatic system may also be abnormal at birth or become so over the course of a person's life from inherited conditions.
- Secondary Lymphedema - Lymphedema can be caused by cancer treatments that remove or damage your lymph nodes as well as by infections, including bacterial, viral, and fungal.

COMMON CAUSES OF SECONDARY LYMPHEDEMA

- ✓ Cancer. If cancer cells block lymph vessels, lymphedema may result.
- ✓ Radiation treatment for cancer. Radiation can cause scarring and inflammation of lymph nodes or lymph vessels.
- ✓ Venous diseases. Abnormal or damaged veins can cause fluid to overflow from the veins into the tissue spaces.
- ✓ Obesity. People who are obese have an increased risk of developing swollen body parts.
- ✓ Trauma. In cancer surgery, lymph nodes are often removed to see if the disease has spread.
- ✓ Parasites. In developing countries in the tropics, the most common cause of lymphedema is infection caused by threadlike worms clogging the lymph nodes.



A frequent cause of secondary lymphedema is the surgical removal of lymph nodes (e.g., from the axilla of breast cancer patients).

WHAT SHOULD YOU EXPECT?

The clinical stages of lymphedema are defined according to these developmental steps:

- **Stage 0** - The system is functioning inadequately but is still coping. No edema exists.
- **Stage 1** - The lymphatic system is overburdened, soft swelling develops, but when the affected limb is raised the swelling reduces on its own.
- **Stage 2** - Swelling is characterized by tissue fibrosis (scarring and hardening of the tissue) and raising the limb no longer reduces swelling.
- **Stage 3** - Swelling is significant. Skin changes are evident, large fluid filled bulges (lobules), and wart-like growths are present. Risk of inflammation and infection is high, skin is vulnerable to deep, poorly healing wounds.

DID YOU KNOW?

LYMPHEDEMA SIGNS AND SYMPTOMS INCLUDE:

- Swelling of your arm(s), leg(s) or other parts of the body
- A feeling of heaviness or tightness
- Restricted range of motion
- Recurring infections
- Hardening and thickening of the skin (fibrosis)

SIGNS AND SYMPTOMS OF LYMPHEDEMA



Swelling of your arm(s), leg(s) or other parts of the body



Feeling of heaviness or tightness



Aching or discomfort



Skin changes such as hard, tight skin (fibrosis), wart-like growths, skin folds



Less mobility and range of motion



Clothing and jewelry (especially rings and bracelets) may feel much tighter than usual

HOW CAN IT BE TREATED?

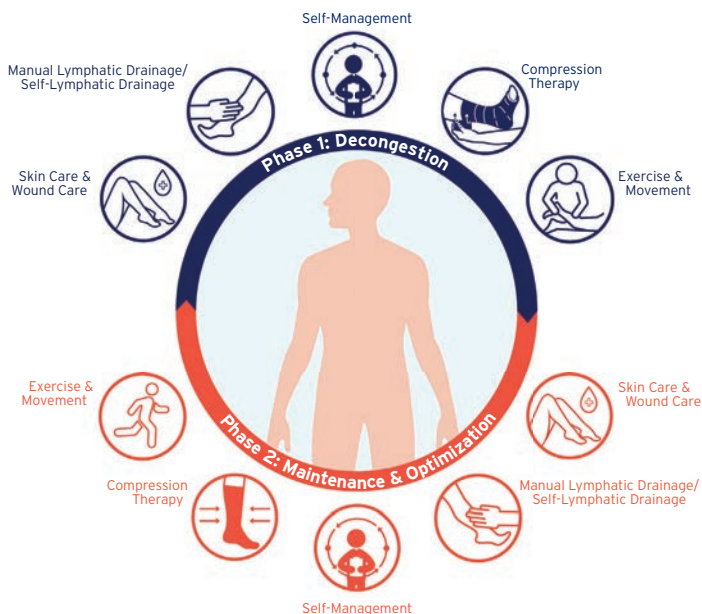
Complex Decongestive Therapy (CDT) aims to reduce your swelling, improve the condition of your skin, and increase your mobility.

It consists of two phases:

- Phase 1 - Decongestion
- Phase 2 - Maintenance and Optimization

Both phases of CDT consist of four elements:

- Manual Lymphatic Drainage (MLD)
- Compression Therapy
- Skin Care
- Exercise Therapy



HOW QUICKLY WILL IT IMPROVE?

The sooner you begin a suitable program of therapy, the better your prospects of preventing disease progression, improving your condition, and possibly returning to a less severe stage in which you may be able to manage their lymphedema with light or little compression.

DID YOU KNOW?

THE FOUR ELEMENTS OF COMPLEX DECONGESTIVE THERAPY (CDT) ARE:

- **Manual Lymphatic Drainage (MLD):** Performed ideally five times a week (initially) by a specialized therapist, accelerates lymph drainage in lymph vessels that are still functioning.



- **Compression Therapy:** Medical compression bandages or garments help reduce edema and maintain results and are available in a range of pressures and styles to suit your needs.



- **Skin Care:** A skin care routine to maintain healthy and hydrated skin is essential to helping prevent infections that can further aggravate lymphedema.



- **Exercise Therapy:** Your therapist will design an exercise program especially for you. Perform your exercises as directed for maximum benefit.



You Hold the Key to Successful Therapy

Always follow your doctor's and lymphedema therapist's instructions and advice regarding your therapeutic program. Noticing unusual redness and excessively warm skin, inflammation or wounds, pain, an increase in swelling, or perhaps that your compression garment doesn't seem to fit properly? Consult your doctor immediately.

Successful CDT is Up to You

Regular skin care, wearing compression garments, keeping your appointments with the lymphedema therapist, and performing the recommended exercises are all up to you. Consistent application of CDT therapy, which includes wearing the compression garment, will allow you to live your best life with fewer restrictions.

THERE ARE MANY THINGS YOU CAN DO TO HELP MANAGE YOUR LYMPHEDEMA:

- ✓ Your diet: If you are overweight, try to lose weight with your doctor's guidance. Obesity burdens the lymphatic system.
- ✓ You're responsible for you: Avoid using the affected limb for blood pressures, injections, acupuncture, etc. and always remind your healthcare provider of your lymphatic condition.
- ✓ Leisure time precautions: Avoid overexposure to the sun. Warmth dilates vessels and sunburn stresses the already affected skin. Guard against insects. Bites and stings cause inflammation that may worsen lymphedema.
- ✓ Home and garden: Take precautions against injury. Wear gloves and consult your healthcare provider for guidance on heavy lifting.
- ✓ Sporting activities: While exercise is certainly important and beneficial, extreme stress can have an adverse effect on lymphedema. Consult your therapist or physician about what is appropriate for you.

DON'T LET LYMPHEDEMA SIDELINE YOU

Whatever your compression needs, JOBST® has you covered with products for all stages of lymphedema.



Comprilan®
Short Stretch
Bandage



Artiflex®
Synthetic Padding
Bandage



Tricofix®
Tubular Gauze
Stockinette



Elastomull®
Gauze Bandage



CompriFoam®
Open Cell
Foam Bandage



JOBST®
Confidence



JOBST® Bella™ Lite
Ready-to-Wear
Armsleeve,
Gauntlet



JOBST® Bella™
Strong
Ready-to-Wear
Armsleeve,
Gauntlet



JOBST®
Custom Elvarex®,
Elvarex® Soft,
Elvarex® Soft
Seamless,
Elvarex® Plus



JOBST® JoViPak®
Lymphedema
Night Care



JOBST® Relax
Lymphedema
Night Care



JOBST®
FarrowWrap®
Basic, Lite, Strong,
Classic, 4000,
Trim-to-Fit

JOIN THE JOBST® LYMPHCARE COMMUNITY

Get the full story and tell yours at: www.lymphcare.com

- Learn more about venous conditions and hear patient stories.
- Share your experience.
- Get practical tips on managing life with lymphedema.
- Watch helpful application videos.
- Join the community! Go to: www.lymphcare.com

For a full list of products, go to: www.jobstcanada.com



essity

JOBST®,
an Essity brand

Essity
1275 North Service Road West, Suite 800
Oakville, ON Canada L6M 3G4
Tel. 1-877-978-5526 Fax 1-877-978-9703
136618E ©Essity Hygiene and Health AB, 2024 A24