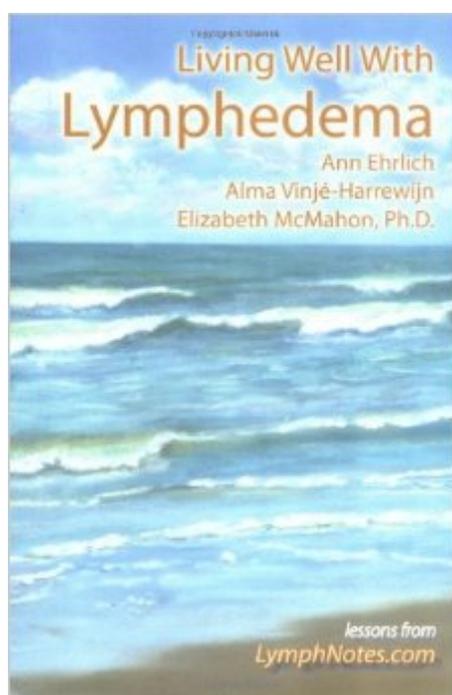


The book was found

# Living Well With Lymphedema



## Synopsis

Lymphedema is swelling caused by the abnormal accumulation of lymphatic fluid in the skin. Lymphedema can be caused by burns, injury, surgery, radiation therapy, obesity, or circulatory problems. Many breast- and prostate-cancer survivors have, or risk developing, lymphedema. There is also an inherited form. If not treated, lymphedema can be painful and lead to life-threatening infections. This book will help you live well with lymphedema through treatment, self-management, and helpful tips for daily living. It will also help you understand how the lymphatic system works, how lymphedema is diagnosed, how to cope with the emotional challenges of lymphedema, how to find treatment, and deal with insurance issues. *Living Well* is for those with, or at risk for, lymphedema as well as healthcare professionals, caregivers, and friends and family.

## Book Information

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## Customer Reviews

THE AUTHORS:Ann Ehrlich: professional medical writer with Lymphedema following breast cancer treatment.Alma Vinje-Harrewijn: licensed physiotherapist with more than 15 years of experience and postgraduate training in MLD per Vodder, Foldi, Chikley...Elizabeth McMahon, PhD: clinical psychologist with over 25 years helping persons with chronic medical conditions manage anxiety, depression and other emotional issues.WHY READ THE BOOK? The self-care knowledge and techniques presented can thwart a host of illnesses in addition to Lymphedema. Also see [...][EDEMA](#): the body's normal swelling response to an injury.[LYMPHEDEMA](#): abnormal swelling due to damage or improper development of the lymphatic system, which, left untreated, can become

worse, dangerous or life-threatening. Primary Lymphedema is hereditary; secondary Lymphedema results from damage to lymphatic system. Treatment is the same. Onset may be immediate or delayed for years. Approximately 5 million Americans affected. RISK FACTORS, SECONDARY LYMPHEDEMA: biopsies; burns; scars; obesity; circulatory malfunctions; fractures; joint dislocations; other injuries; paralysis; multiple sclerosis; inactivity. Cancer treatments lead in developing nations. EARLY SYMPTOMS: infection; swelling; pitting edema; "pins & needles;" heaviness; tight skin, ring, bracelet, shoe or sleeve; shoulder/hip aching; decreased joint mobility... STAGE1: Swollen tissues are soft, and pitting edema is present. Elevation relieves temporarily. Early treatment can improve it greatly. STAGE2: Tissues feel firm, even hard, and pressure leaves only a slight indentation. There may be more swelling, fibrosis, infections and skin problems.

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