

Lymphedema Therapy



Certified Lymphedema Therapy

Understanding lymphedema

A healthy immune system relies on a healthy lymphatic system. If lymph nodes or vessels within the lymphatic system are impaired, damaged, or removed as a result of surgery, cancer treatment, or trauma, the body may develop a condition known as lymphedema.

Lymphedema is an accumulation of lymphatic fluid in tissues due to excess strain on the system, leading to swelling in that region of the body. Early specialized treatment can help to manage lymphedema, or ideally, prevent it.

The onset of lymphedema may be delayed as long as the lymph system copes with the changes. Risk-reduction education may help prevent the onset.

Unmanaged lymphedema can lead to repeated infections or cellulitis in the affected body part. It can become disfiguring and lead to isolation and a decreased quality of life.

How is lymphedema treated?

Saint Anne's certified lymphedema therapists provide complete decongestive therapy (CDT), the gold standard of treatment for patients with lymphedema. CDT consists of:

- Manual lymph drainage (MLD), a gentle technique to remobilizing lymphatic fluid to healthier regions of the body
- Compression bandages that are applied to the swollen limb after MLD to stimulate fluid re-absorption and prevent re-accumulation of lymph fluid
- A home exercise program that stimulates healthy movement of lymph fluid
- Nutrition and skin care: a well balanced diet and good skin care to prevent infections
- Self-Manual Lymphatic Drainage includes techniques applied at home.

Long-term lymphedema management

After completion of CDT, the patient is fitted for a compression garment to be worn daily. The garment is replaced every six months to assure a proper fit and compression. Six-month follow-up appointments are offered to reassess status and make further treatment recommendations.

Support for lymphedema patients and their families

Learning one has lymphedema can be difficult. Our certified therapists welcome questions at any time to answer questions and offer support and education.

INTERPRETER SERVICES AVAILABLE

Portuguese - Português

Fala Português? Vamos oferecer-lhe um intérprete gratuito.

Spanish - Español

¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

Steward Health Care complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, disability or age.

Services are covered by most insurances.
For more information, call:

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