

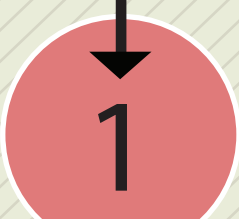
WHAT IS LYMPHEDEMA?



Lymphedema is an abnormal accumulation of protein-rich lymphatic fluid in soft-tissue spaces of the body. The swelling is unlike swelling you may get after an injury to a joint. Nicole L. Stout, DPT, CLT-LANA says that lymphedema is when your muscles soak up lymphatic fluid like a sponge rather than holding it like a bucket.

THERE ARE TWO TYPES OF LYMPHEDEMA

Primary and **Secondary**. Though causes are different, treatments remain the same.



PRIMARY

Caused by hereditary or congenital condition that has caused the lymphatic system to be malformed or damaged. This is much rarer and can be seen at all stages of life.



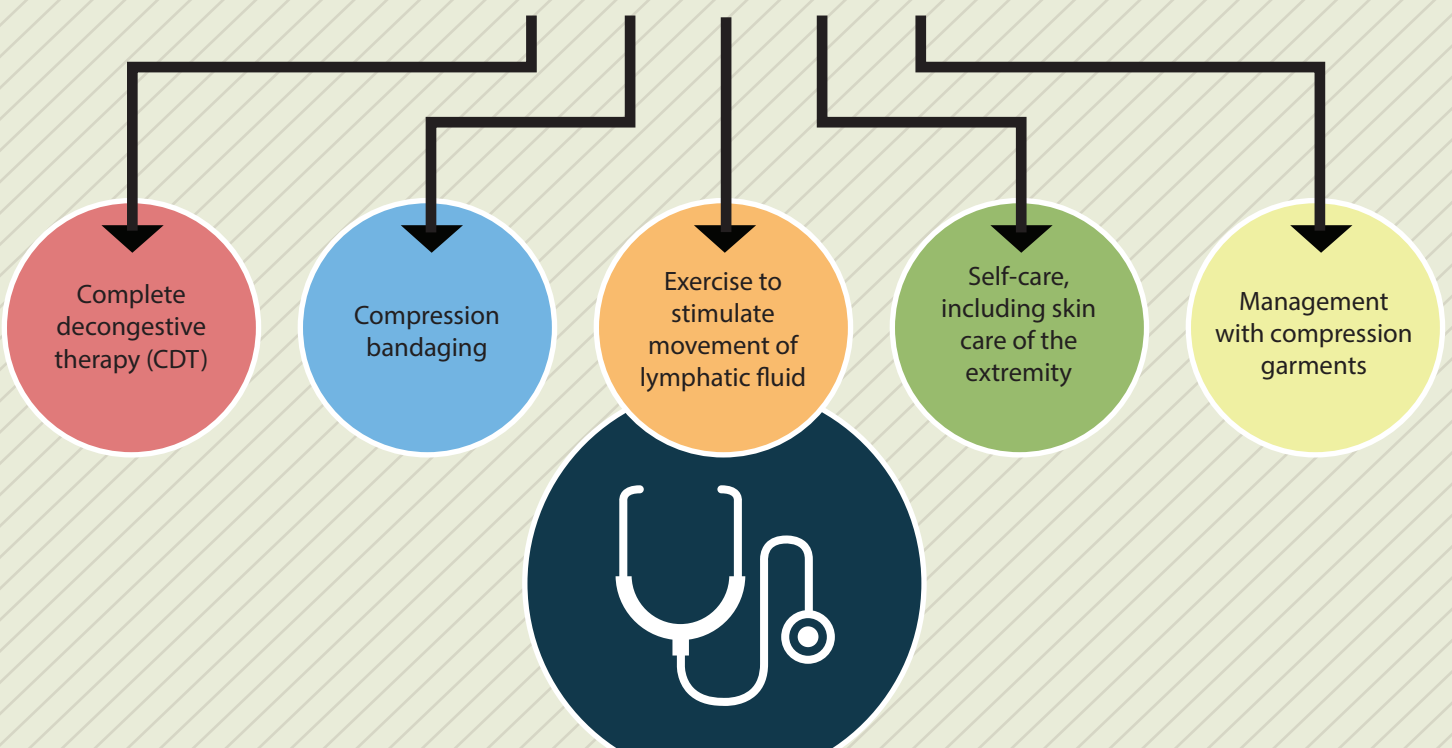
SECONDARY

Impacts individuals who have had damage to the lymphatic system from surgeries related to cancer therapies, radiation therapy or trauma to the lymphatic system.



THE COURSE OF CARE CAN LAST 6-8 WEEKS

Depending on the severity of the condition. Treatments, which are provided by certified lymphedema therapists (CLTs), include:



THE PROGNOSIS OF LYMPHEDEMA

