

# Lymphatic Education & Research Network

[www.LymphaticNetwork.org](http://www.LymphaticNetwork.org)



## INTERNATIONAL CAMPAIGN TO FIGHT LYMPHATIC DISEASES

Since 1998, LE&RN has been dedicated to fighting lymphatic diseases (LD). The World Health Organization estimates that over 250 million people worldwide have secondary lymphedema, while primary lymphedema affects an additional 1 in 300 live births. Nearly 1.4 billion people in 73 countries are threatened by lymphatic filariasis, commonly known as elephantiasis. Over 120 million people are currently infected, with 40 million disfigured and incapacitated by the disease.

The Centers for Disease Control (CDC) warns that the incidence of secondary lymphedema among cancer survivors is 20–40%. Lymphedema is estimated to affect up to 10 million Americans. This is more than AIDS, Parkinson's disease, Muscular Dystrophy, Multiple Sclerosis, and ALS—*combined*.

The continuum of diseases impacted by the lymphatic system includes heart disease, AIDS, diabetes, rheumatoid arthritis, and cancer metastasis. Yet, lymphatic diseases are routinely undiagnosed and untreated, and research is grossly underfunded. Together, LE&RN and its worldwide members are determined to change this through education, research, and advocacy.

### EDUCATION

- International Livestream Symposium Series for patients, researchers, and medical professionals
- Scholarships for lymphedema therapists and young researchers
- Monthly newsletters
- Worldwide access to the field's top authorities through Ask the Experts web feature
- CME Seminars for Physicians *Lymphatic-Vascular Disease: Diagnosis & Treatment*

### RESEARCH

- International Research Fellowship Awards
- The LE&RN International Lymphatic Disease & Lymphedema Patient Registry & Tissue Bank
- *Lymphatic Research & Biology* (the world's only peer reviewed lymphatic journal)
- NIH collaboration and research funding initiatives

### ADVOCACY

- LE&RN Centers of Excellence in the Diagnosis and Treatment of Lymphatic Diseases
- International Chapters
- Celebrity Spokesperson engagement
- Established World Lymphedema Day™, March 6
- Legislative action at the federal and state level



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# TO WIN A FIGHT, YOU FIRST NEED TO JOIN IT



Academy Award-winning actress  
Kathy Bates, LE&RN Spokesperson.

*"I'm KATHY BATES. I had a double mastectomy and as a result I have lymphedema in both arms. If we want to win this fight against lymphatic diseases, we need to stand together and educate the world. Join me. I urge you to become a member of LE&RN."*

## We will never cure lymphatic diseases if we stay invisible.

If we, along with our family and friends, stand together in this fight, we can make lymphedema and lymphatic diseases an international priority.

The days of suffering in silence are behind us.

**Join LE&RN in this fight at [LymphaticNetwork.org](http://LymphaticNetwork.org)**



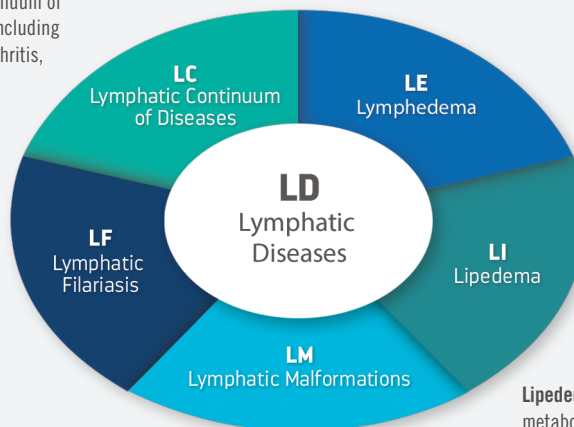
**Plan or join an event for World Lymphedema Day, March 6.  
Visit [LymphaticNetwork.org/wld](http://LymphaticNetwork.org/wld)**

## Learn More About Lymphatic Diseases

**Lymphatic Continuum (LC)** refers to the continuum of diseases impacted by the lymphatic system including heart disease, AIDS, diabetes, rheumatoid arthritis, and cancer.

**Lymphatic Filariasis (LF)** threatens 1.4 billion people in 73 countries. Commonly known as *elephantiasis*, 120 million are currently infected by this mosquito-carrying parasitic disease. Over 40 million of those affected by LF are disfigured and incapacitated by the disease.

**Lymphatic Malformations (LM)** are rare, non-malignant masses consisting of fluid-filled channels or spaces caused by the abnormal development of the lymphatic system. LM is usually apparent at birth or by two years of age and most commonly affects the head and neck.



**Lymphedema (LE)** is a chronic, debilitating lymphatic disease that results in disfiguring swelling in one or more parts of the body due to a damaged lymphatic system. WHO estimates over 250 million people suffer from LE worldwide. The swelling is caused by a combination of lymph stagnation and the structural alterations in the tissues. Lymphedema can be genetic or inherited (Primary) or it can occur as a consequence of a surgical procedure, infections, radiation therapy, or other forms of physical trauma (Secondary).

**Lipedema (LI)** is an adipose tissue disorder or a lipid metabolism disorder that affects approximately 11% of women, often in the hips and legs, but also in the upper arms. Lipedema fat is relatively unresponsive to diet and exercise. Lipedema is both an excess buildup of fat cells in a particular area, and the expansion of those fat cells.



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