



LymphaticNetwork.org



Lymphatic Education
& Research Network



LymphWalk.org



Thank you for supporting lymphatic disease education, research and advocacy!

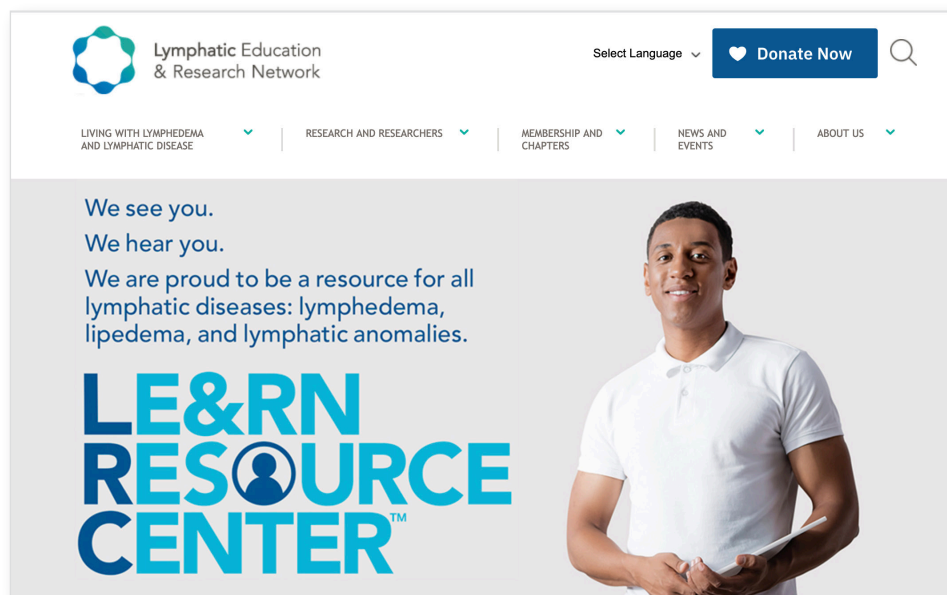
The Lymphatic Education & Research Network (LE&RN) proudly presents the **2024 Walk Series to Fight Lymphatic Diseases**. Join our virtual walk and our in-person walk in Philly! Contact LE&RN to inquire about starting a LymphWalk in your area.



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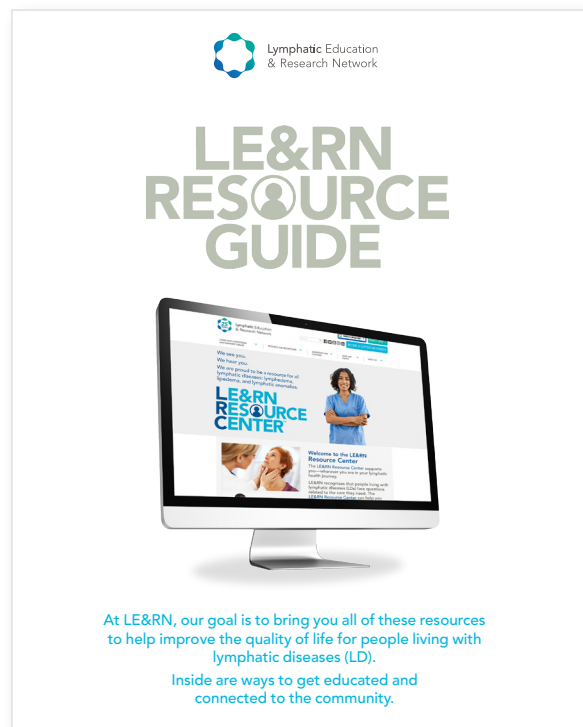


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10 THINGS I WANT MY PHYSICIAN TO KNOW ABOUT LYMPHEDEMA (LE)

01 LYMPHEDEMA MUST BE DIAGNOSED EARLY.
Lymphedema is a disease that can be hereditary or genetic (primary) or acquired through damage to the lymph system, such as after a surgical procedure, infection, radiation, or other physical trauma (secondary). Referral to a Certified Lymphedema Therapist (CLT) is essential to manage the disease before serious complications occur.

02 LYMPHEDEMA MAY INITIALLY PRESENT AS CHRONIC SWELLING.
A vascular work-up is essential. Once a physician has ruled out other medical conditions, referral to a specialist with expertise in lymphedema is indicated.

03 LYMPHEDEMA AS A POTENTIAL OUTCOME REQUIRES PATIENT EDUCATION.
Patients must be educated about lymphedema risk from the inception of treatment, particularly before undergoing an invasive procedure or surgery in which lymph nodes may be damaged or removed. Educating patients about lymphedema signs/symptoms to be aware of post-operatively should not discourage them from agreeing to surgery.

04 LYMPHEDEMA HAS BOTH PHYSICAL AND PSYCHOLOGICAL EFFECTS.
Lymphedema changes the individual's sense of body image and mobility.

05 LYMPHEDEMA OFTEN CAUSES INDIVIDUALS TO FEEL UNSUPPORTED AND ISOLATED.
Individuals may feel they are part of an invisible population—many physicians do not even recognize the condition.

06 LYMPHEDEMA PATIENTS OFTEN NEED PSYCHOLOGICAL SUPPORT.
Lymphedema has an effect on the individual's emotional health that should not be overlooked. Referral to a mental health professional should be offered.

07 LYMPHEDEMA IS EXHAUSTING AND DISABLING.
Lymphedema alters the individual's ability to participate in activities of daily living, chronic pain and discomfort associated with the disease can be debilitating, exhausting, and depressive.

08 LYMPHEDEMA DECREASES QUALITY OF LIFE.
Lymphedema alters affected individuals of the sense of joy in life, it is a readily time consuming and expensive to manage on a daily basis.

09 LYMPHEDEMA MANAGEMENT IS COMPLEX AND EXPENSIVE.
Compression garments can be difficult to put on and wear and only last from 4 to 6 months, ongoing treatment is expensive. Physicians and therapists must understand the condition better and exhibit compassion for people struggling with the disease. Most insurance does not cover garments costs, which are higher if the lymphedema is more severe and custom made compression garments are required.

10 LYMPHEDEMA IS DIFFERENT IN EVERY INDIVIDUAL.
Lymphedema manifests with different signs and symptoms in each individual. Thus, like pain, lymphedema is what the patient says it is.

Lymphatic Education & Research Network
LE&RN is a 501(c)(3) nonprofit organization located at 154 West 14th Street, 2nd Floor, New York, NY 10011. For more information: www.lymphaticnetwork.org

10ThingsLE
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