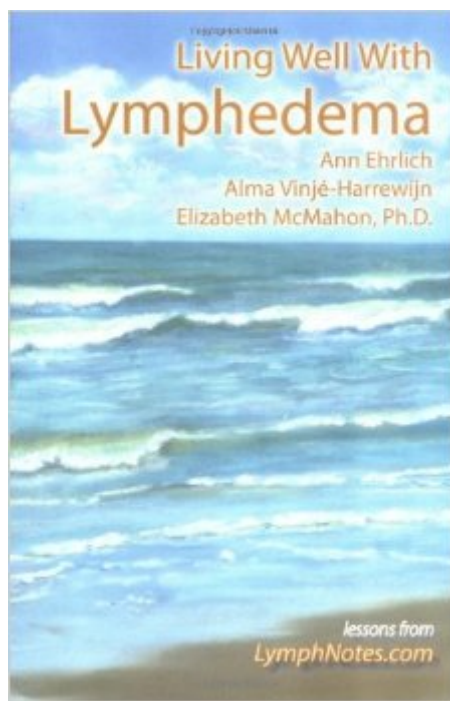


The book was found

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

Paperback: 284 pages

Publisher: Lymph Notes; 1 edition (May 5, 2005)

Language: English

ISBN-10: 0976480611

ISBN-13: 978-0976480617

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #214,258 in Books (See Top 100 in Books) #4 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic](#) #143 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Internal Medicine](#) #4125 in [Books > Medical Books > Medicine > Internal Medicine](#)

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... STAGE 1: Swollen tissues are soft, and pitting edema is present. Elevation relieves temporarily. Early treatment can improve it greatly. STAGE 2: Tissues feel firm, even hard, and pressure leaves only a slight indentation. There may be more swelling, fibrosis, infections and skin problems.

[Download to continue reading...](#)

Lymphedema Management: An Essential Guide to Living with Lymphedema - Understanding the Cause, Recognizing Symptoms, Learning to Manage, and Identifying Treatment & Therapy Options
Living Well with Lymphedema
Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival)
Voices of Lymphedema: Stories, Advice, and Inspiration from Patients and Therapists
Overcoming the Emotional Challenges of Lymphedema
Linfedema (Lymphedema): Una GuÃ­a de PrevenciÃ³n y SanaciÃ³n Para Pacientes Con CÃ¡ncer De Mama (A Breast Cancer Patient's Guide to Prevention and Healing) (Spanish Edition)
LYMPHEDEMA AND BREAST CANCER TREATMENT: Swelling Causes - Lymphoedema Exercises - Prevention
Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements
Lymphedema: Complete Medical and Surgical Management
Living with Epilepsy (Living Well: Chronic Conditions)
Thanksgiving: How to Cook It Well: How to Cook It Well
American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer
Breathe Well and Live Well with COPD: A 28-Day Breathing Exercise Plan
Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well
The Well-Armored Teen: Easy Tools Protect Your Teen and Tween From Sexual Abuse, Bullying, and Exploitation (The Well-Armored Child Library Book 1)
Healthy at Home: Get Well and Stay Well Without Prescriptions
All's Well That Ends Well (Folger Shakespeare Library)
Real Goods Solar Living Sourcebook: Your Complete Guide to Living beyond the Grid with Renewable Energy Technologies and Sustainable Living
Tiny Houses : Beginners Guide: Tiny House Living On A Budget, Building Plans For A Tiny House, Enjoy Woodworking, Living Mortgage Free And

Sustainably ... Design,construction,country living) Living Well and Dying Faithfully: Christian Practices for End-of-Life Care

[Dmca](#)