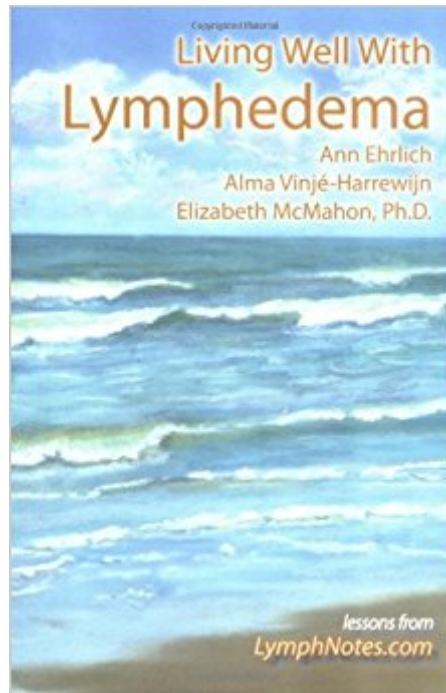




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Living Well With Lymphedema



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

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Customer Reviews

From the preface: The Epidemic No One Talks About Now that cancer has become a chronic condition, we face a stealth epidemic of lymphedema among cancer survivors. Many physicians don't recognize lymphedema and some deny that it happens;but there it is in all of its swollen glory. That is the gloomy side of the picture. The bright side of the picture is that the situation is changing! Physicians and other healthcare providers are becoming more aware of lymphedema and promising research on lymphedema prevention and treatment is underway. Most importantly there is a growing;but still not large enough;pool of specialized therapists who treat lymphedema and improve the quality of life for their patients. Another change for the

better is that patients are taking a more active role in the management of their own healthcare. These patients ask questions and search for answers. They want to know! Many also support each other by swapping tips on what works, or doesn't work, or just by listening through the tough times that come from living with a chronic condition. Our goal is to provide practical information in a format that is easy-to-understand for people with lymphedema, friends and family, and healthcare professionals. We hope that we will be able to help you live well with lymphedema.

Advanced praise for Living Well With Lymphedema: "This book is very well organized and thought out, providing enough detail, explanation, and practical insight to enable someone with lymphedema to live safely and well. I definitely recommend it to anyone with, or at risk for, lymphedema." John Giusto, M.D. "After two years of treatment with an outstanding therapist, I know a lot about my condition and my role in managing it. But I learned something new on every page of this book. It will be a wonderful reference for me as a periodic check of my self-management." Dixie Lee Spiegel, Ph.D. "This book is upbeat and positive while dealing with a condition that can be overwhelming." Deborah G. Kelly, PT, MSED, CLT-LANA, Associate Professor at the University of Kentucky and author of a textbook for lymphedema therapists "The most comprehensive lymphedema book on the market. Wonderful for patients and those at risk. So many sources tell lymphedema patients what they can't do. This book encourages us in what we can do! I absolutely loved the chapter on emotional challenges. Finally I feel that someone understands and then provides me with appropriate coping suggestions and alternatives. Thanks." Tracy Novak, post mastectomy lymphedema patient and founder of the West Virginia Support Network "This book is a resource I can enthusiastically recommend to my patients. The content is up-to-date, comprehensive, and well illustrated. It reinforces what I teach my patients and answers the questions they forget to ask." Doris Laing, CLT-LANA "What a gift these authors have given to anyone affected with lymphedema! One of the most thorough and informative books I have ever read." Debbie Robinson, concerned family member

Newly diagnosed with primary lymphedema in both legs, but with 10-yr struggle with swelling and the great unknown. This book is great for several reasons: explains disease to newcomers in simple terms, provides confirmation to sufferers, and b/w picture diagrams of manual lymph drainage (nothing complex though). The book is a simple read, includes inspirational stories from fellow lymphedema-ites. Received my book last night, and could not put it down until completed. Some good advice was found, a collection from the author's own journey, so it's not an encyclopedia of

knowledge. Yes, I would buy this book again & will re-read it for encouragement.

This book is somewhat clinical in it's style, which is fine. I found it helpful, with some information I was unaware of. In future I will be more careful about exposing my legs to bites after reading that even a mosquito bite can cause serious problems.

My physical therapist shared her book with me. I chose to buy it so I could refer to it when necessary. Since Lymphedema was new to me at the time, it was a good tool as follow up from physical therapy too. It was very informative and I recommended it to another lymphedema person who also really likes the book too. I would definitely recommend this book to anyone with lymphedema or their family members so that they also can understand what the person is going through or somewhat understand.

I've had lymphedema since 2001 as the result of breast cancer treatment and now I help run a support group for lymphedema patients. "Living Well With Lymphedema" is the best book out there for patients and is the most up-to-date book of its kind right now. We recommend it to all the members of our lymphedema support group. Our organization has bought additional copies to distribute to libraries in our area so anyone who needs it will have free access to it. This book is a straight forward, readable instruction book for the lymphedema patient. The medical information is thorough and current. The authors have done an incredible job surveying the patient population for suggestions and practices that work. Plus there is information on the emotional aspects that patients have to contend with and coping recommendations. With this book, living well with lymphedema is what it's all about and definitely an attainable goal for most patients. What a positive message! Highly recommended.

Again, a good read if you have been diagnosed with Lymphedema. This is a life changing event, so the more you know, the better. Coupled with a good Nurse Practitioner or Doctor it will help you deal with the challenges.

Lymphedema is something that crept up on me unawares, after many tests my vascular doctor diagnosed me with primary lymphedema. I got some PT, which consisted of being pumped by a Compression Pump, once, a foot massage, and help in garment fitting. I think the most important thing is the garment, Though the Mayo Clinic, is saying that using Horse chestnuts is as good as

wearing compression hose, which I have been doing for a good while. Got to check into those horse chestnuts!!! It took me awhile to find a comfortable set of comp stockings, but I think that they are helpful, as also keeping your body clean, My leg measurements are down an inch since I started wearing them. Bad things about lymphedema, weight gain, pain and itching in your legs. Gotta moisturize that skin!!!! Eucerin Calming cream is da best. This book, I read too late, I had heard all of this before, at a website called Lymph-notes, ran by Ann, one of the authors. The book says that you should not use compression pumps for lymphedema. I can see why, my pump has moved the Lymph fluid up into my groin and abdomen. There is no cure for Primary or secondary lymphedema. This book gives some symplistic info about Lymphedema, but I was disappointed, I had read most of it on her website.

When I was first diagnosed, I immediately bought this book. After scouring through the pages, I just felt overwhelmed, depressed and really despondant. It proved to be somewhat informative (which can also be achieved on-line), but extremely depressing as most "stories" were about the down-sides of this disease and not really concluded in any way. Yes, LE is not curable and there ARE downsides, but my success with my treatments have led me to a very positive place in the management of my care. I have not picked up this book since the last day that I read it other than to look at the diagrams of the lymphatic system.

As a certified lymphatic therapist, I was extremely impressed with this book. I highly recommend to patients first diagnosed with lymphedema, as well as to therapists. The most important step when first diagnosed is to understand what lymphedema is, how to prevent making it worse, and what will actually make it better. It is well written, professional, but easy to understand. Accurate information, excellent tips, including a chapter on insurance and how to write a letter of appeal. This is the first book I recommend to my patients.

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