

# ELITE

COMPRESSION & BRACING

## What is Lymphedema?

**LYMPHEDEMA** is a build-up of lymph fluid. Lymphedema often develops in the arms or legs when surgery or other treatments affects those areas, but it can develop in other parts of the body too.

## What can cause Lymphedema?

- Cancer Surgery
- Radiation Therapy
- Infections that damage surrounding tissue or cause scarring
- Chronic health conditions
- **Injury or Trauma**

## Why is it important to treat Lymphedema?

Lymphedema can sometimes become severe and cause serious problems, and often is a long-term or chronic condition. Untreated lymphedema can result in:

- Hospitalization
- Infection
- Disfigurement

## What are signs and symptoms of Lymphedema?

- **Swelling**
- Skin feeling tight and/or hardening or thickening of the skin
- Aching or discomfort
- Feeling of heaviness or tightness in the affected area
- Reduced ability to move joints