

Lymphedema in NL

~15,000 PEOPLE IN NL HAVE IT - DO YOU?



1.) LYMPH • EDEMA (LIM - FA - DEE - MA)

Lymphedema is **chronic swelling** (edema) caused by a buildup of fluid (lymph). Can be hereditary or caused by damage to the lymphatic system, often associated with breast cancer.

2.) SIGNS

An area (**usually arm or leg**) with unexplained **swelling**, clothes may feel tight, area feels **heavy, tight, full or hot, achy**, with shooting **pain** or **pins and needles**, skin feels tight or thicker.



3.) DOES IT RUN IN YOUR FAMILY?

Do you have "big legs" **like someone else in your family**? If so, lymphedema often begins at **puberty**, most often in **females**, and often **starts in the legs**.

4.) THERE IS TREATMENT

There is treatment available! With treatment and self-care, lymphedema **can be managed**. **Swelling, pain** and **immobility** can be reduced, and complications like repeated **skin infections** can be **reduced** as well.



5.) CONNECT WITH US

LANL can help you:

- **locate treatment**,
- find the latest information on **managing** your lymphedema,
- **connect** with others in the same boat, and
- **stay up to date** on innovations in the field.



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