



What Is Lymphedema?

Lymphedema is a chronic swelling (edema) caused by a faulty or damaged lymphatic system. It typically affects the arms or legs, but can impact any part of the body.

Why Is It a Problem?

Left untreated, it can cause uncomfortable, painful, and unsightly swelling. Lymphedema impacts millions of Americans. There is no cure, but it can be managed.

How Is It Managed?

- Appropriate medical treatment
- Manual lymphatic drainage
- Compression garments
- Skin care
- Daily exercises

Knowledge and support are key in self-managing this progressive and challenging disease.

How We Can Help

Consultation

We offer free screening on self-managing your symptoms and help finding a local specialist to treat you.

Community Awareness

We provide a series of workplace informational presentations to educate community members about lymphedema and chronic swelling.

Therapeutic Movement

Our website features therapeutic movement (Tripudio Movement Systems) instructional videos to help you manage your symptoms.

Resources

You can find links to leading lymphedema organizations and other resources on our website.

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