

Success Story

Let us help you get your swelling down so you can get back up!



before treatment



after treatment

WHAT IS LYMPHEDEMA?

Lymphedema is chronic swelling (edema) caused by a faulty or damaged lymphatic system. It mostly affects the arms or legs, but it can also 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?

It can be managed with

- appropriate medical treatment,
- manual lymphatic drainage,
- compression garments,
- skin care, and
- daily exercises.

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



LET US HELP

1 CONSULTATION

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

2 COMMUNITY AWARENESS

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

3 THERAPEUTIC MOVEMENT

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

4 RESOURCES

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

Contact us Kaneohe Hawaii



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**WE SUPPORT
PEOPLE
WITH
LYMPHEDEMA
AND CHRONIC
SWELLING**

We strive to bring hope to the people of Hawaii who are struggling either physically, emotionally, or financially with this disease.

