



LYMPHEDEMA RESOURCES

Your personal health log

INTRODUCTION

This journal has been created to help you manage your lymphedema and physician-prescribed treatments. Daily logging of symptoms, diet, exercise, supplements, and fluid intake provides insights into factors that may make your lymphedema better or worse.

Use this journal to keep track of your daily activities and share it with your physician or lymphedema therapist or simply keep track of your health and progress towards personal goals.

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What is my level of fatigue compared with
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[illegible]

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MEET THE CREATOR



DENISE HAMMEL, MSN, RN, CPHQ
Founder and CEO

A nurse for more than thirty years, Ms. Hammel has been managing lymphedema for the past six years. Denise wanted to share what she has learned on her journey including the many successes and failures since these important learning opportunities help others avoid pitfalls.

This book was created to help you learn more about your body, in particular what lymphedema looks and feels like for you. By knowing our bodies better, we can manage this condition more effectively.



LYMPHEDEMA
RESOURCES

CONTACT US

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www.lymphedemaresources.com
[@lymphedemaresources](https://www.instagram.com/lymphedemaresources)

