



My
Lymphedema
Diary



Contact Information

name:

date of birth:..... male female

Lymphedema details

- primary lymphedema
- secondary lymphedema associated with
- lipedema
- venous insufficiency accompanied by lymphedema
-

Condition

lower / upper: arm(s) leg(s)
affected area: right left both sides
stage: stage I stage II stage III

First diagnosed (year):

Type of compression garment:
.....

Compression class:

DEAR PATIENT,

Your medical professional has prescribed a medical compression garment as part of your treatment for lymphedema. If used correctly, these garments will help manage your lymphedema.

Lymphedema is a long-term (chronic) disorder that needs to be monitored on an ongoing basis. By taking regular measurements of the affected limb(s) and recording them in this diary, you will be providing your medical professional with valuable feedback that will assist him or her in deciding on your further treatment.

With a little bit of practice, it will take you just a few minutes per week to update. For a healthier, more active life, keep moving with Juzo compression garments.

Juzo USA
1-888-255-1300
support@juzousa.com
www.juzousa.com

Juzo Canada Ltd.
1-888-255-1300
support@juzo.ca
www.juzo.ca

INSTRUCTIONS

You should update this diary once a week, if possible on the same day each week .

Take circumference measurements of your affected arm or leg in the morning at the five locations shown in the illustrations and record the measurements in the diary.

In addition to these measurements, you can also record any therapeutic activities that were carried out during a given week. According to medical guidelines, lymphedema therapy should include the following activities:

1. Manual lymph drainage
2. Compression therapy
3. Decongestive movement exercises
4. Skin care

Document which of these activities were performed, and how often.

The results of a study of Lymphedema patients conducted by the Charité Hospital in Berlin (Germany) have shown that you can have a positive impact on the course of your therapy simply by taking just one set of measurements per week. Maintaining this diary will therefore not be a particularly time consuming task.

Notes regarding the suggested observations to record in your diary:

Manual Lymph Drainage

Enter in your diary how often MLD was performed during the current week.

Compression Therapy

Enter how many days you wore your compression garments during the current week.

Exercise & Activity

Exercising and being active will have a positive effect on your lymphedema if you wear your compression garments at the same time. The garments apply an external compression which, in addition to the muscle activity on the “inside”, further enhances lymph drainage. Examples of ideal activities include walking, yoga and light strength training.

Document in your diary how often you participate in physical activity.

Skin Care

It is also important that you take good care of your skin and keep it clean and supple. We recommend using natural and skin-friendly creams and lotions as a general skin care measure against dryness.

Document how often you did something to care for your skin during the current week.

INSTRUCTIONS FOR MEASURING YOURSELF

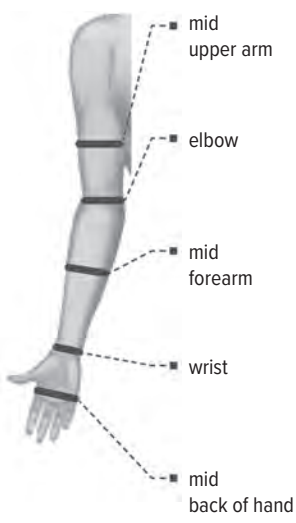
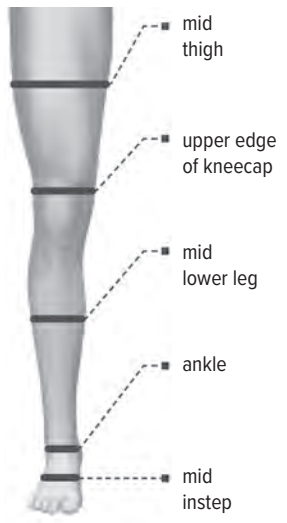
Take circumference measurements of your affected arm or leg at the five locations shown in the illustrations and record the measurements in the diary.

As you take each measurement, ensure that the tape is lying flat, **not constricting your arm or leg.**



Self Measurements

date:

	left	right		left	right
					
mid upper arm			mid thigh		
elbow			upper edge of kneecap		
mid forearm			mid lower leg		
wrist			ankle		
mid back of hand			mid instep		

Therapy During the Past Week

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Complications During the Past Week

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- Complications you managed yourself (minor skin injuries, scratches, etc.)
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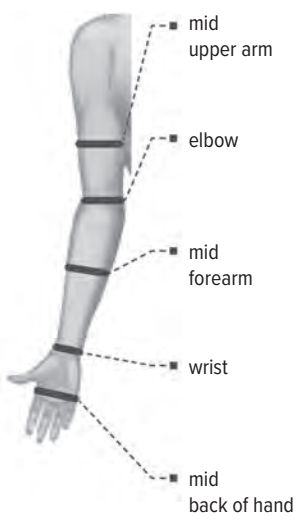
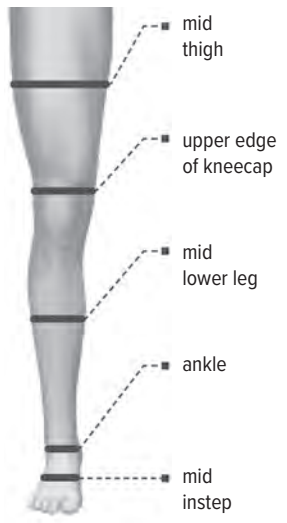
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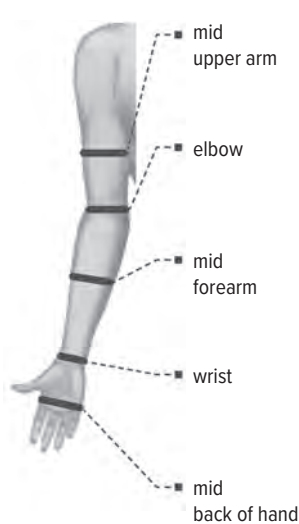
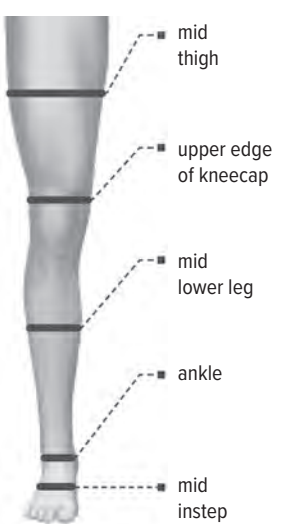
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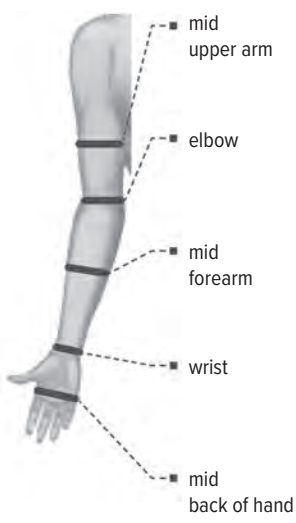
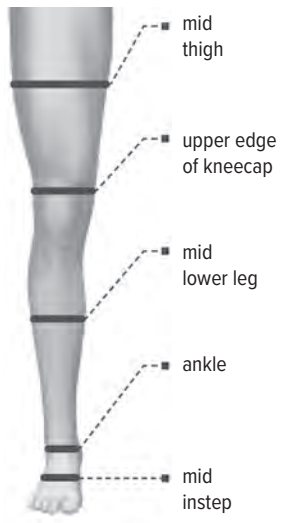
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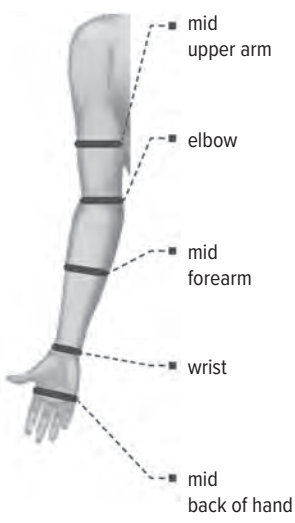
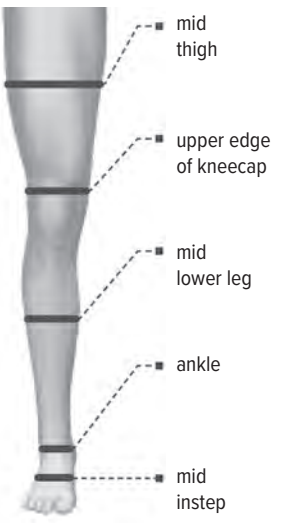
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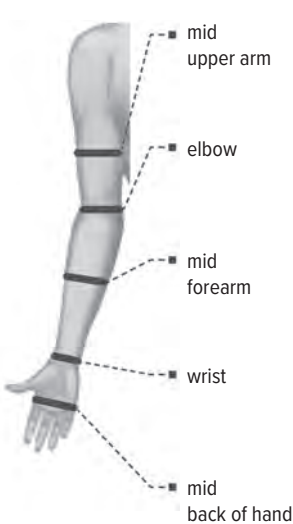
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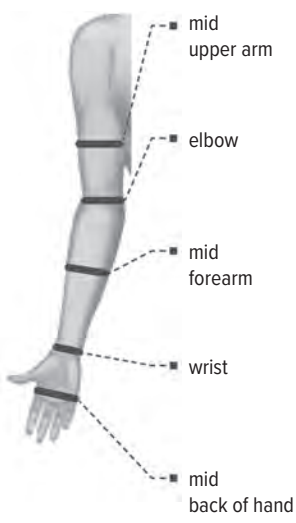
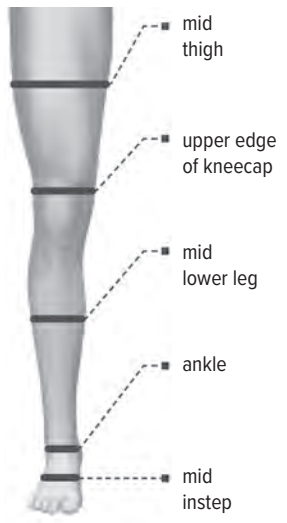
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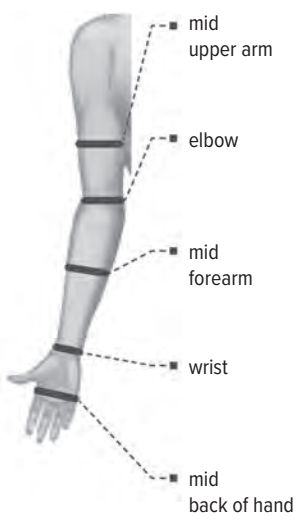
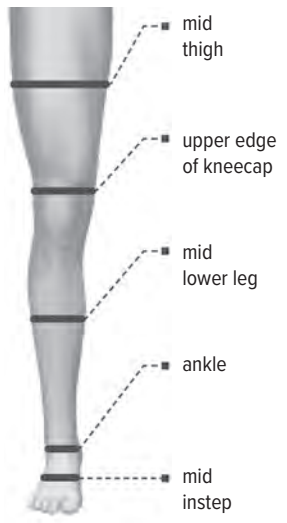
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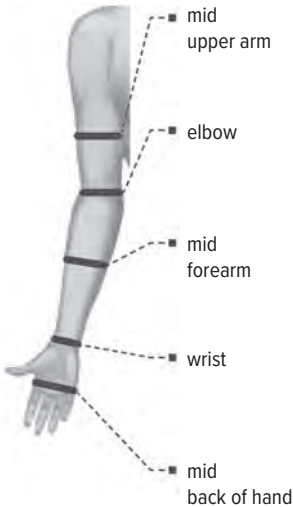
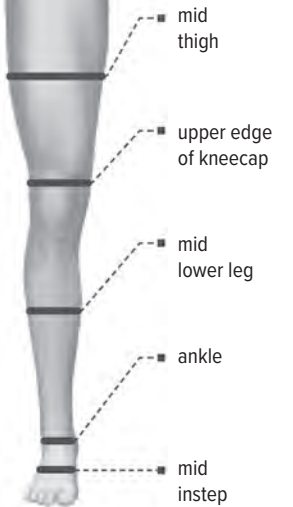
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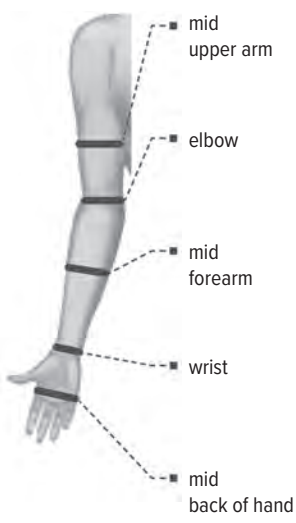
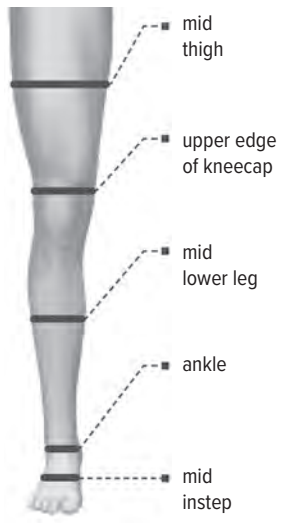
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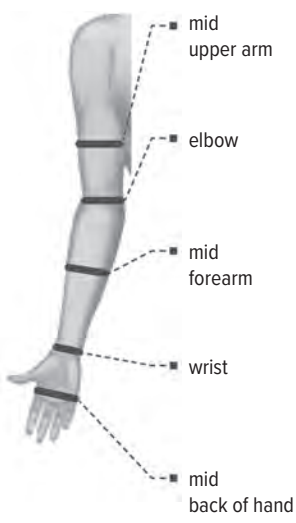
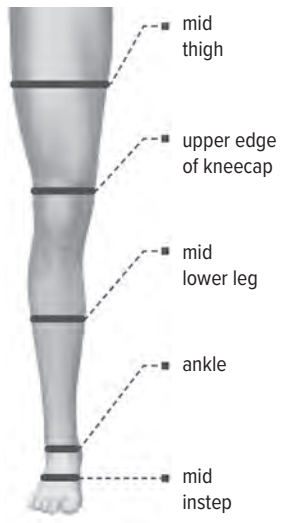
Complications During the Past Week

- None
- Complications you managed yourself (minor skin injuries, scratches, etc.)
- Complications requiring a visit to a medical professional

cause:

Self Measurements

date:

	left	right		left	right
					
mid upper arm			mid thigh		
elbow			upper edge of kneecap		
mid forearm			mid lower leg		
wrist			ankle		
mid back of hand			mid instep		

Therapy During the Past Week

skin care	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
manual lymph drainage	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
compression	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
exercise	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

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	elbow	<input type="text"/>	<input type="text"/>		upper edge of kneecap	<input type="text"/>	<input type="text"/>
	mid forearm	<input type="text"/>	<input type="text"/>		mid lower leg	<input type="text"/>	<input type="text"/>
	wrist	<input type="text"/>	<input type="text"/>		ankle	<input type="text"/>	<input type="text"/>
	mid back of hand	<input type="text"/>	<input type="text"/>		mid instep	<input type="text"/>	<input type="text"/>

Therapy During the Past Week

skin care	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
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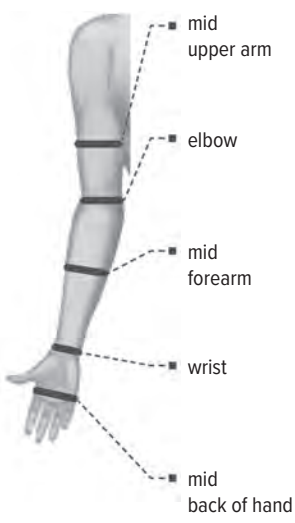
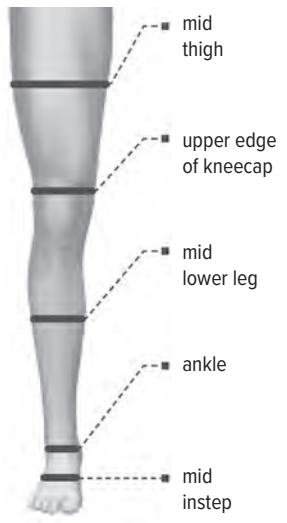
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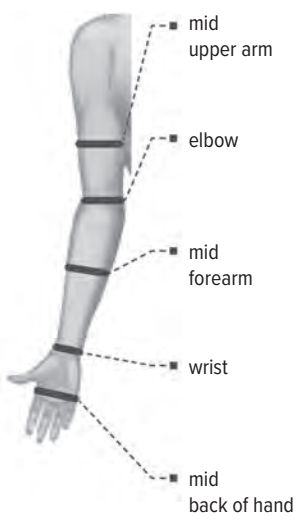
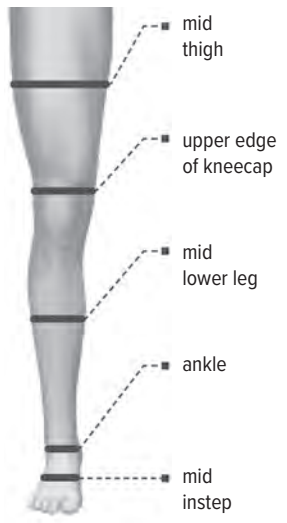
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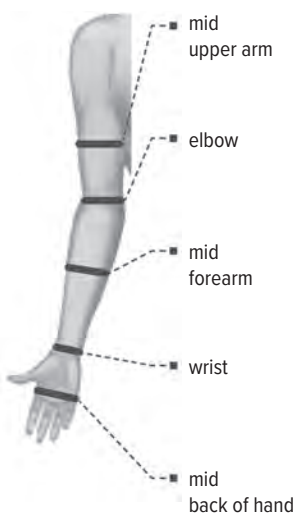
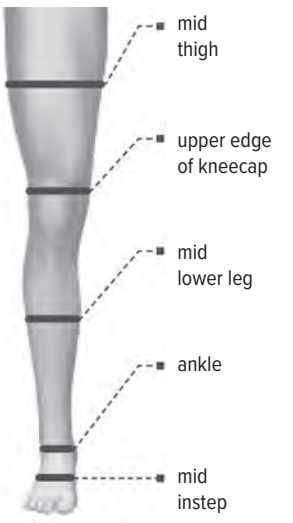
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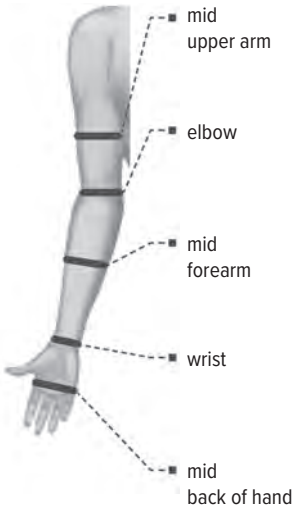
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For More Information

www.mylymphedema.com

National Lymphedema Network

www.lymphnet.org

1-800-541-3259

Lymphatic Education & Research Network (LE&RN)

www.lymphaticnetwork.org

(516) 625-9675

Canadian Lymphedema Framework

www.canadalymph.ca

Lymphovenous Society of Canada

www.lymphovenous-canada.ca

Y-ME National Breast Cancer Organization

www.y-me.org

1-800-221-2141 (24-Hour patient hotline)

www.juzousa.com • www.juzo.ca

1-888-255-1300

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