

Living with lymphoedema

Welcome to this special edition of *In This Together*, that has a focus on living with lymphoedema.

Lymphoedema is the term given to the swelling that occurs in the tissues of the body, when fluid or lymph, collects there. Lymphoedema can start with mild symptoms but if it is untreated can lead to severe swelling, skin changes, pain and discomfort. These in turn lead to reduced mobility and quality of life.

Lymphoedema has several causes, including cancer or its treatment, surgery or injury, or being born with an incomplete lymphatic system.

When swelling has been present for 3 months or longer, it is considered a long-term condition, and needs lifelong management to make sure it has the least possible impact on your mental and physical health.

This magazine has been compiled with this in mind, in association with Jobst, to guide you through all the information

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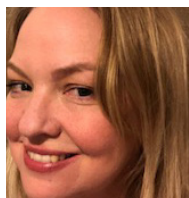
you might need if you have lymphoedema, at whatever stage of your journey.

At the start of the magazine, you will be guided through how lymphoedema occurs, followed by an explanation of how it is treated, using four principles of exercise,

skin and wound care, manual lymphatic drainage and compression therapy. We then delve into compression therapy in more detail, helping you to understand how it works, and the different ways in which it can be delivered.

As you may know, physical health is closely linked to mental wellness, and so it is important to address any issues that may stop you from looking after yourself as well as you can. Some points for you to think about are available on p. 38. ➡

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Let us know what you would like to see in ITT. Please write to us: nicola@jcn.co.uk