What is LYMPHEDEMA?
Lymphedema: chronic swelling caused by a buildup of fluid (lymph).

Why do you need to know about LYMPHEDEMA?
It is important to know what lymphedema is so that people affected can receive a diagnosis, treatment and support.

Test your LYMPHEDEMA knowledge...answer true or false to the following:

1. Early signs of lymphedema include; feelings of heaviness, tightness, tingling and fullness, but may not be swelling.
2. Lymphedema affects men, women and children of all ages.
3. Primary lymphedema is caused by surgery, secondary lymphedema is congenital.
4. Lymphedema can be prevented and cured.
5. Cellulitis, a skin infection can develop in an arm lymphedema from a mosquito bite, paper cut or sunburn.
6. Lymphedema patients are advised to never travel by airplane.
7. Compression garments need to be replaced every 4-6 months.
8. Lymphedema patients can never lift over 10 lbs for the rest of their lives.
10. The components of a successful lymphedema management program include:
   a. Manual lymph drainage
   b. Compression
   c. Skin care
   d. Exercise
Test your LYMPHEDEMA knowledge...the correct answers

1. True - Subclinical lymphedema or latent-stage lymphedema is when there are physiological changes happening in the tissues but there is no visible or measurable swelling.
2. True – There are many causes of lymphedema that affect people of all ages around the world. 140-250 million cases of lymphedema are estimated worldwide.
3. False – Primary lymphedema is congenital and secondary lymphedema happens after a person’s lymphatic system is damaged. Damage can occur many ways, including: surgery, radiation or injury.
4. False – Lymphedema is a lifelong condition that can be treated and managed. Anyone that is diagnosed with lymphedema should seek out a Certified Lymphedema Therapist.
5. False – Patients with lymphedema are at risk for cellulitis because their lymphatic system is less able to fight infection. Infection can occur from any break in the skin.
6. False – Lymphedema patients can travel by airplane. They are advised to wear their compression garments and follow the guidelines to wear it before, during and after their flight.
7. True – Compression garments need to be replaced frequently because they lose their elasticity and function.
8. False – There is no set limit on how much weight lymphedema patients can lift. Patients are encouraged to exercise regularly, ease into activities and gradually build up the duration and intensity of exercise.
9. True – Patients are encouraged to eat a well-balanced diet and exercise regularly to help manage symptoms of lymphedema. Keeping your body healthy and immune system strong is important especially for lymphedema patients.
10. True – These 4 components are vital in the successful management for lymphedema patients.