

For more information

Legacy offers lymphedema services at four convenient locations. Please contact the site nearest you for additional information or referral.

Legacy Good Samaritan Medical Center

1015 N.W. 22nd Ave.
Portland, OR 97210
503-413-7753

Legacy Meridian Park Medical Center

19300 S.W. 65th Ave.
Tualatin, OR 97062
503-692-7416

Legacy Mount Hood Medical Center

24800 S.E. Stark St.
Gresham, OR 97030
503-674-1123

Legacy Salmon Creek Medical Center

2211 N.E. 139th St.
Vancouver, WA 98686
360-487-3750

Legacy Cancer Services benefits from the generous participation of individuals and organizations that are also dedicated to finding cures for cancer, helping the less fortunate receive care and improving treatment equipment and facilities at each of our medical centers. To learn how you can support Legacy Cancer Services, please contact Legacy Health Foundations at 503-413-4864 or visit www.legacyhealth.org/foundations.

Our legacy is yours.

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Legacy Health

Phone: 503-413-8002 • Fax: 503-413-6934

www.legacyhealth.org



EMANUEL Medical Center	GOOD SAMARITAN Medical Center	MERIDIAN PARK Medical Center
MOUNT HOOD Medical Center	SALMON CREEK Medical Center	THE CHILDREN'S HOSPITAL Legacy Emanuel
LEGACY MEDICAL GROUP	LEGACY LABORATORY	LEGACY RESEARCH
		LEGACY HOSPICE

Learning how to manage lymphedema

**Legacy Health**

Helping you manage lymphedema

At Legacy Health, we offer support and services to help individuals live life to the fullest. If you are living with lymphedema, Legacy Cancer Services and Legacy Rehabilitation Services can assist you in improving the quality of your life.

What is lymphedema?

Lymphedema is a swelling of the arm, leg or other parts of the body caused by an abnormal buildup of protein and excess water in the tissue space. Not all swelling is lymphedema. Your physician can help you determine this.

What causes lymphedema?

- Primary lymphedema is usually due to a malformation of the lymphatic vessels and tends to be slowly progressive. It may be present at birth or occur later in life.
- Secondary (acquired) lymphedema is generally caused by blockage or interruption of the lymphatic system. The usual causes are surgical removal of lymph nodes and vessels, scarring due to radiation therapy, tumor blockage or traumatic injury to the lymphatic system.

How do I recognize lymphedema?

Swelling in your arm or leg may cause:

- Limitation in movement
- Heaviness or general achy feeling
- Tight clothing or shoes with possible need for alteration

- Stretched skin that could become hard or indent
- Cuts or abrasions, which heal more slowly
- Pain, numbness or tingling in the swollen area

What are the goals of lymphedema management?

- Reduce the size of your affected arm or leg
- Minimize recurrence of lymphedema
- Decrease pain and discomfort, numbness, and risk of infection associated with lymphedema
- Provide education on how to manage lymphedema over your lifetime
- Minimize psychological distress

How does Legacy's lymphedema management service treat lymphedema?

Treatment will vary depending on the cause and degree of swelling. As a rule, a combination of treatment methods is most effective.

- Manual lymphatic drainage (MLD) and low-stretch bandaging are two parts of a lymphedema treatment program called Complete Decongestive Therapy (CDT)
- MLD focuses on gently stretching the skin to increase lymph flow from swollen tissues to healthy parts of your body
- Wrapping your affected arm or leg with low-stretch bandages supports your swollen arm or leg to minimize return of the lymph fluid

- Compression garments are also used to help minimize return of fluid
- Skin care, breathing, and arm or leg exercise instruction is taught as part of the CDT program
- Compression pumps, which "milk" excess fluid from a swollen arm or leg, may be used for treating lymphedema in some circumstances
- A monthly lymphedema support group meets at Legacy Meridian Park Medical Center. Call 503-413-7284 for information or www.legacyhealth.org/cancer.

Whom do I ask for a referral?

If you are interested in participating in this program, it is recommended that you see your physician for referral to Legacy's lymphedema management service. Any signs of skin infection would need to be medically treated prior to referral.

Who provides lymphedema services?

At Legacy Health, nationally certified/trained physical therapists and occupational therapists are educated in lymphedema management. Legacy lymphedema therapists are nationally certified in manual lymphatic drainage. Legacy Health physical therapists and occupational therapists are LANA (Lymphology Association of North America) certified.