

Lymphedema: Understanding the Basics

Lymphedema is swelling in a limb or body part and it can be a side effect after cancer treatment. Few people know how to recognize it or know what to do if it starts. Join occupational therapist, Kate Long, to learn what impacts your risk for getting lymphedema, how to recognize it, and what to do if you have concerns. Learn about the new recommendations on exercise, preventative compression, Manual Lymph Drainage (MLD), and more.

When: Monday, May 19th

Time: 5:00 - 6:00 p.m.

Where: Virtual via Zoom

This talk is for anyone who has gone through cancer treatment and has or is at risk for lymphedema. Family and friends are welcome.

Pre-registration is required.



Pre-register at:
www.legacyhealth.org/cancerclasses
or scan the QR code

Questions?

Contact Blair Allen at:

CancerClasses@lhs.org or 503-413-7284

