Lymphedema Treatment at Swedish

What should you know about lymphedema?

- Lymphedema is a condition in which excess fluid collects in tissue and causes swelling. The lymph system carries lymph fluid, nutrients and waste material between the body tissues and the bloodstream.
- Lymphedema can occur when lymphatic vessels or lymph nodes are damaged by surgical removal, radiation therapy, cancer or infection.
- Surgery and other treatment for cancer is often the cause of lymphedema; however, lymphedema can occur in individuals who do not have cancer.

How do you know if you have lymphedema?

- The most common signs are swelling, pain, tightness, or feelings of heaviness in the area of the surgery or arm or other affected areas in the chest.

What should you do if you think you have lymphedema?

- Lymphedema is not an emergency but it is important to get prompt care to prevent lymphedema from worsening.
- Talk with your health-care provider; lymphedema can be successfully managed.

Why choose Swedish for help with your lymphedema?

- Our therapists have expertise in oncology care and advanced training in lymphedema assessment and therapy.
- We have been treating lymphedema for more than a decade. Our therapists see more than 200 people yearly seeking help with their lymphedema, often with complex medical complications.
- Treatment is available at three Swedish locations: Ballard, Cherry Hill and First Hill.

What can you expect when you seek help from a lymphedema therapist?

- Assessment of swelling, pain, movement and function.
- Education about lymphedema and the strategies to manage it or reduce the work of developing it.
- Treatment to decrease swelling such as manual massage, compression bandaging and compression garment prescription when needed.
- Treatment to improve range of motion and decrease joint pain and scar tissue tightness.
- Home program instruction in self-massage and exercise.

(continued)

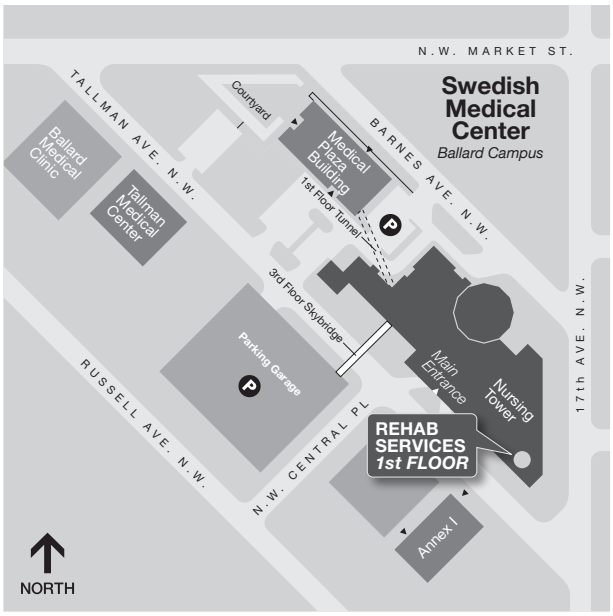
Appointment scheduling

We know that attending appointments sometimes creates transportation or scheduling difficulties.

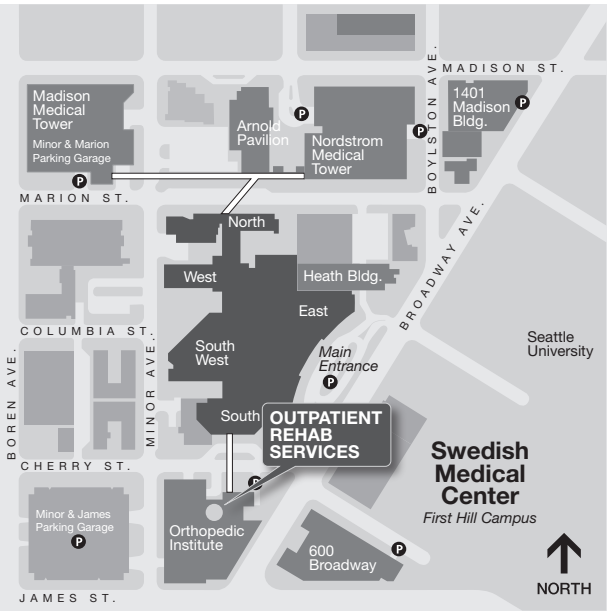
Our therapists will work with you to help you receive the best care possible. Most patients begin with outpatient therapy appointments and progress to a home-treatment program prescribed by your therapist.

Sometimes follow-up clinic visits are helpful in making sure you achieve maximum benefit with your home program.

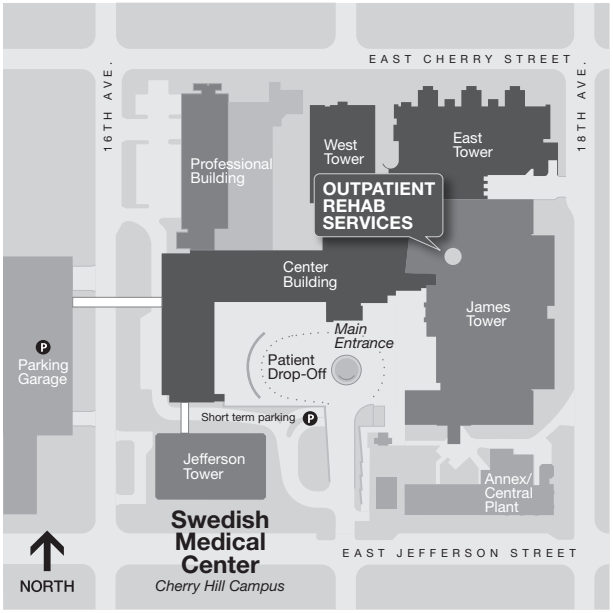
Information and appointment scheduling are available at three Swedish locations: Ballard, Cherry Hill and First Hill.



Swedish/Ballard



Swedish/First Hill Campus



Swedish/Cherry Hill

SWEDISH

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