



Lymphedema and swelling disorders can be very debilitating when untreated. They can lead to reduced mobility, pain, decreased skin condition and interfere with daily living.

Medina Hospital offers a comprehensive program which can assist with the management of these conditions.

### Take Control of Lymphedema

Lymphedema is an accumulation of lymph fluid in the arms, legs or other parts of the body. This occurs when the lymph system is unable to work properly causing swelling. Lymph vessels can become blocked or damaged from surgery, radiation, infection or injury.

### Types of Lymphedema

Primary Lymphedema is swelling that develops without any reason. It commonly occurs in the arms or legs, but may occur in any part of the body. It may be present at birth or it may develop later in life.

Secondary Lymphedema is swelling that develops when some type of damage occurs to the lymphatic system. This damage may be caused by surgery, trauma, radiation, scarring, cancer, infection, or other injuries.

### Symptoms/Warning Signs

- Feeling of heaviness or discomfort in the area. This often causes decreased flexibility.
- Thickened skin and/or tightened feeling of the skin.
- Swelling in the arms, legs or trunk.
- Repeated infections in the area.

### Managing Lymphedema

The Lymphedema Program at Medina General can assist with the management of Lymphedema symptoms.

- Typical program lasts three to four weeks
- Patients are usually seen three to five days a week for one-hour sessions
- Frequency and duration of sessions is dependent on specific needs
- Individual patient needs are addressed through Occupational Therapy and Physical Therapy services

The goal of treatment is to reduce the swelling, allowing for increased range of motion and function, decreased heaviness, improved skin health and reduced chances of infection.

The program includes the following:

- Manual lymph drainage
- Compression garments
- Compression bandaging
- Exercise program
- Patient and/or family education

### Referrals

All therapies require a physician referral and approval from your insurance company. To learn more about the Lymphedema and swelling disorders program provided by Medina Hospital Rehabilitation Services or to schedule a tour, call 330.721.5009.