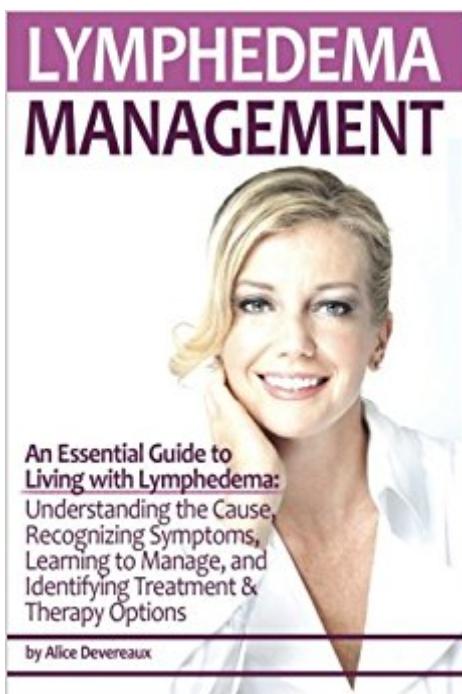


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# **Lymphedema Management: An Essential Guide To Living With Lymphedema - Understanding The Cause, Recognizing Symptoms, Learning To Manage, And Identifying Treatment & Therapy Options**



## **Synopsis**

Lymphedema is a disease characterized by a swelling in the limbs and certain other body parts due to a condition in one's lymphatic system. Because there is no cure, it can be easy for people diagnosed with the condition to think there is simply nothing they can do. The fact is, although it can't be altogether cured, Lymphedema and its symptoms can certainly be successfully managed. That said, for some people with Lymphedema, going to a doctor to manage symptoms is simply too costly, so they choose to do nothing. I hope to help you change that mindset throughout the course of this book. I would like to show you that, if you or your loved one has Lymphedema, there is always something you can do to better your health without necessarily spending a great deal of money. Of course you will still need to involve your doctor; I certainly wouldn't suggest that you substitute this book for medical attention and personalized advice from your doctor. However, I would like to show you that there are many things you can do, from diet to exercise modifications to at-home therapies, to help manage lymphedema so you can live life to the fullest without anything holding you back.

## **Book Information**

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## **Customer Reviews**

This is a very informative and helpful book for anyone looking to find out more about this condition. Lymphedema is a serious thing, but some things can be done about it. It is important to learn more about it. I have a relative so I was curious what exactly is he going through with this condition, but I didn't want to bother him too much. I have a feeling that I learned a lot from this book and things are not so blurred anymore. If you have someone who suffers from lymphedema or you have it yourself,

remember “knowledge truly is power. We can't do anything if don't know how, why, when or what even to do. This book can help with that.

My co-teacher's sister suffered from this disease, although at first they thought that something was wrong with her heart, liver, or kidneys. When the attending physician found nothing, he considered lymphedema. Here's my review. I love how the content of the book progressed. My sister is a nurse, so she was able to explain it to me, but reading this book gave me the layman's explanation. Now the real deal was at around 56%, when the author provided us with steps on how to deal with the condition, including how to properly choose a garment. What I wish is for the author to add some more on diet. I hope she provided us with more options and of course explanation. Other than that, this book is recommended :)

I still say health is wealth. I don't know if this applies to all but in my observation, our folks had fairly healthier lives compared to us now. There are so many diseases and illnesses that attack even very young children. I am worried of the growing number of ADHD, Autisms and other disorders in the same manner with cancer, lymph and diabetes. It's just threatening. We should be careful. The first sign should be reason to go visit a doctor, not to wait for Stage 4. We really have to take care of this God given body and nurture it. Awesome reference material here for Lymphedema. Mom is getting herself checked this month complete with all the labs and biopsies, sure is expensive but it is necessary. Praying for the best.

I love this small book. Answered a lot of questions that I had. I recommended to my PT's they need to have them in their office for clients as handouts.

I am a breast cancer survivor and I have lymphedema

A great guide to identifying Lymphedema. I'm not a doctor but I like to research things like this. Now I know how to recognise the symptoms. If I ever did I would definitely seek a Doctors opinion.

This book can help you identify if you have Lymphedema. You might not know you have it. If you or a loved one have it, this book can help you manage your Lymphedema. There is a lot of helpful information in this book. I would recommend reading it even if you don't have it. It may help you to identify the symptoms in someone else or help them ease their suffering. Good information - I

learned a lot!

This is helpful for those wondering if they have lymphedema to those who have had the disease for years. It would also be good for people who know someone with lymphedema so they know how to be supportive.

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