

FOR MORE INFORMATION

If you or a family member is interested in the Lymphedema Management Program please contact your physician for a referral. For more information please call 206.368.1769. If you would like to learn more about Northwest Hospital programs and services, please visit our website at www.nwhospital.org.



Northwest Hospital & Medical Center is a 504/ADA accessible employer. Auxiliary aids (sign language interpreters, readers) or alternate formats of written materials will be made available, upon request.

ETHICS STATEMENT

Northwest Hospital & Medical Center is committed to ethical behavior in respect to the patient's right to participate and determine his/her own plan of care. To act for the well being of the patients and the members of the hospital's community. To provide fair, equitable, and appropriate treatment in accordance with the law. To effectively and respectfully work with a diverse cultural and ethnic mix of patients, visitors, and staff.

LOCATION & DIRECTIONS

From I-5 take exit 173.
Turn west on Northgate Way.
At Meridian Avenue North, turn right (North).
Take the first left onto 115th Street.



**NORTHWEST HOSPITAL
& MEDICAL CENTER**
Center for Medical Rehabilitation

1550 North 115th Street
Seattle, WA 98133
www.nwhospital.org

Call 206.368.1769

(11/03)

LYMPHEDEMA MANAGEMENT PROGRAM



*A comprehensive program designed
to manage lymphedema.*



**NORTHWEST HOSPITAL
& MEDICAL CENTER**
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INTRODUCTION

People who have undergone cancer treatment or who have experienced a traumatic injury may experience mild to severe swelling caused by a condition called lymphedema.

Lymphedema is characterized by an abnormal build up of fluid between the skin and muscle. When the lymphatic system is unable to work properly, fluid collects in the tissue of the affected area and causes swelling.

Lymphedema can occur as a result of a traumatic injury, paralysis, infection, or radiation, after the removal of lymph nodes; or as a result of venous insufficiency (a condition in which the veins do not efficiently return blood from the legs back to the heart).



Lymphedema can occur immediately, within a few months, or even years later.

SIGNS OR SYMPTOMS

The first symptoms of lymphedema can be subtle. You may notice the ring on your finger is difficult to remove or that your shirtsleeve seems tight. Your arm or hand may swell or you may experience burning, tingling, aching, or a feeling of heaviness. Because lymphedema may occur in the leg, you may notice that your pant leg, socks, or shoes are too tight.

TREATMENT IS AVAILABLE

The Center for Medical Rehabilitation at Northwest Hospital & Medical Center offers an outpatient clinic to treat lymphedema and to teach self-care for what can be a lifelong condition. Treatment can reduce swelling and reduce the risk of infection.

Your treatment will be provided by licensed Occupational and Physical Therapists who are specially trained in lymphedema management.



PROGRAM DESIGN

The Lymphedema Management Program at Northwest Hospital is a comprehensive program designed to improve mobility of the affected limb and teach you or your caretaker to independently manage this condition.

Following a comprehensive individual evaluation, a treatment program is developed which includes:

1. A special form of massage to facilitate the movement of fluid.
2. Compression bandaging to shape the extremity and move the fluid.
3. Skin care techniques to improve skin condition and prevent infection.
4. Exercises to stimulate the movement of fluid and/or to improve range of motion.



TREATMENT VISITS

If you are currently experiencing any of the symptoms described, your treatment will typically be scheduled for 2 to 3 times a week, with a 6 to 8 week commitment. If you have recently had surgery and are concerned about the potential of developing lymphedema, a preventative program is available. The program will provide education about symptoms, preventative measures to take, and resources for compression garments.