

Lymphedema
Self-Care
Manual



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This book is not intended to be a medical manual or to replace your physician's care and advice, but rather as a guide to aid in self care and maintenance of lymphedema, skin and wound care. It is the culmination of over 40 years' experience in the field of cancer, lymphedema, skin and wound care. Self care suggestions in this book are the direct result of patients' subjective comments, which have prompted us to research better methods of treatment. Over the years, these formulas have been used in treating our patients and have not only become part of our clinic's protocol for therapy but have proven to be a vital tool for education of patients in self care and maintenance. This constant exchange of information between patient and care giver continues to be the basis for individualized patient care at our clinic. The need for a detailed resource for lymphedema self-care prompted publication of this "easy-to-carry" manual. We hope our 3rd edition will answer questions you have about lymphedema and guide you through a better understanding of self-care.

3rd Edition – 2012

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