



World
Lymphedema
Day®
March 6



Better Options. Healthier Legs.

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What is World
Lymphedema
Day

In 2016, the Lymphatic Education & Research Network (LE&RN) petitioned the U.S. Senate and governments around the world for recognition of lymphedema and lymphatic diseases. In response, the U.S. Senate passed a bill establishing March 6 as World Lymphedema Day. The goal is to make lymphedema and lymphatic diseases a global priority, to engage governments and researchers to dedicate themselves to finding advanced treatments and cures, and to address the incredible psycho-social burden of those with lymphedema and lymphatic diseases¹

Lymphedema
has both
physical and
psychological
effects

Lymphatic Physical
Therapy can
drastically improve
patients' symptoms
and their quality of
life

Chronic
swelling, feeling
of heaviness
may be the first
sign of
Lymphedema

Indiana Vein
Specialists
offers
physician
evaluation &
lymphatic
physical
therapy

What is
lymphedema?

Lymphedema is a chronic lymphatic disease that results in disfiguring swelling in one or more parts of the body. It is an abnormal build up of fluid in the tissues under the skin. It can be hereditary (Primary Lymphedema) or it can occur after a surgical procedure, infection, radiation or other physical trauma (Secondary Lymphedema).¹

How is it
treated?

Currently there is no cure. But the golden standard of care is Complete Decongestive Therapy which involves manual lymphatic drainage, exercise, skin care and compression. Self management such as keeping a healthy weight, educating oneself about the condition, reaching out to other patients, knowing the signs and symptoms of an infection and being proactive can help with living with a chronic condition.

For more information visit www.indyveins.com/chronic-venous-insufficiency/lymphedema/