

**It's Cool
To Be Kind!**



"I have Primary Lymphoedema. I look like you... I play like you but I need to wear compression garments to stay healthy."

DALLAS, Age 8

March is Lymphoedema Awareness Month

Do you have persistent, unexplained swelling of the limbs?

Are you a cancer patient or survivor?

You may be in the high risk group of developing lymphoedema!

Specialised management by an ALA accredited practitioner is the primary effective treatment.

- There are two types of Lymphoedema, Primary and Secondary - it affects people of all ages and has no cure
- Lymphoedema occurs when the lymphatic circulation fails to function correctly, causing persistent swelling of the limb(s) and other areas of the body
- Early diagnosis can reduce the impact of the disorder for sufferers
- Keeping cool can help manage lymphoedema
- Cancer patients or survivors are at greater risk of developing Secondary Lymphoedema
- If you have unexplained swelling, seek an assessment by a medical practitioner
- Learn the symptoms today at www.lymphology.asn.au
- Locate an ALA accredited practitioner at www.nlpr.asn.au

Host An Iced Tea Party!

To register an Iced Tea Party or to make a donation visit www.lymphology.asn.au



It's Cool To Be Kind!



A service of the Australasian Lymphology Association

www.lymphology.asn.au