

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



"I developed Secondary Lymphoedema after treatment for cancer. I look different... One leg is big, the other is thin. It's embarrassing... People always stare. The lack of knowledge and understanding of lymphoedema in the community is unbelievable but I like to stay positive about life. Lymphoedema is not a life sentence but it is hard ...Very hard, but manageable with the right care."
JAN

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

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