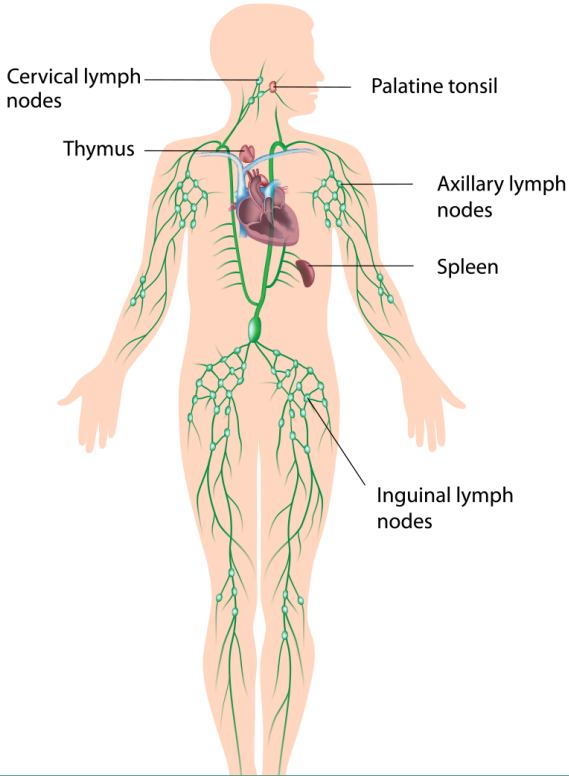


Do you have questions about Lymphedema?

The Lymphatic System



Lymphedema: Education, Prevention & Treatment

Have you had surgery on your chest or stomach with lymph node removal? Do your arms or legs ever feel heavy or tingly? If you answered yes to these questions, you might have edema.

Lymphatic fluid is a normal substance of our body and a vital part of the immune system. The removal and study of lymph nodes is used in staging many cancers. A build-up of this fluid in the layers just under the skin is called lymphedema. Surgical scars, weight gain, skin folds and radiation can play a role in developing lymphedema. Signs of edema include swelling, skin changes, aches, or decreased flexibility.

Lymphedema can become a lifelong burden if left untreated. As treatments and research advance, there is more to be done for prevention and treatment of lymphedema. What increases the risk of edema? What can be done to help prevent both the onset and advance of this condition? And what are the treatment options?

If you or someone you know is living with lymphedema or has had cancer, radiation, or surgical scars, please join us for this seminar. Irene Jordet, B.S., M.P.T., with our Oncology Rehab program will explain how to recognize the early signs of lymphedema, prevention, and how to manage the condition.

In 2014: November 20, December 18
In 2015: January 22, February 19,
March 19, April 23

6:30 p.m.

Alaska Regional Cancer Care Center
Medical Office Building C, Suite 414

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