

We are proud to offer the latest in treatment of lymphedema at two friendly, convenient suburban locations near you, in Southbridge and Webster. You don't have to travel long distances, fight city traffic, or park in an expensive garage to get the best possible care for lymphedema.

It's another example of Harrington's commitment to **TLC — Total Local Care.**



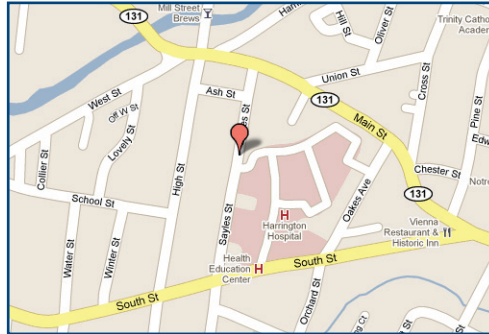
Your comfort and care is our concern. Please don't hesitate to contact us with any questions you might have!

Our lymphedema program is offered at two convenient locations:

The Cancer Center at Harrington

55 Sayles Street, Southbridge, MA 01550

508-764-2400

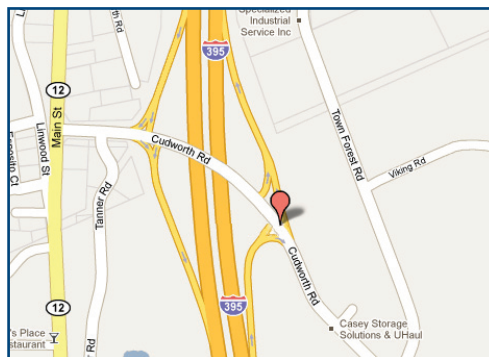


Harrington HealthCare at Hubbard

Outpatient Rehabilitation

72 Cudworth Road, Webster, MA 01570

508-949-9124



Harrington

HEALTHCARE SYSTEM

Total Local Care

100 South Street, Southbridge, MA 01550

LYMPHEDEMA

Harrington

HEALTHCARE SYSTEM

Total Local Care

Helping You Control Your Lymphedema



www.harringtonhospital.org

www.harringtonhospital.org

● **What are the symptoms of Lymphedema?**

Lymphedema often begins with swelling in the arms or legs. If you notice persistent swelling in an extremity, it is very important that you seek immediate medical advice.

Early diagnosis and treatment improves both the prognosis and the condition.

When lymphedema remains untreated, the limb becomes filled with fluid and the skin hardens, losing its elasticity (fibrosis). Moreover, untreated lymphedema leads to infection and, sometimes, irreversible complications.

● **What causes Lymphedema?**

Lymphedema occurs as a result of damage to, or structural problems within, the lymphatic system. Because the normal flow of lymphatic fluid throughout the body is blocked, swelling occurs. Sometimes people develop lymphedema for no obvious reason.



Most often lymphedema may be a consequence of:

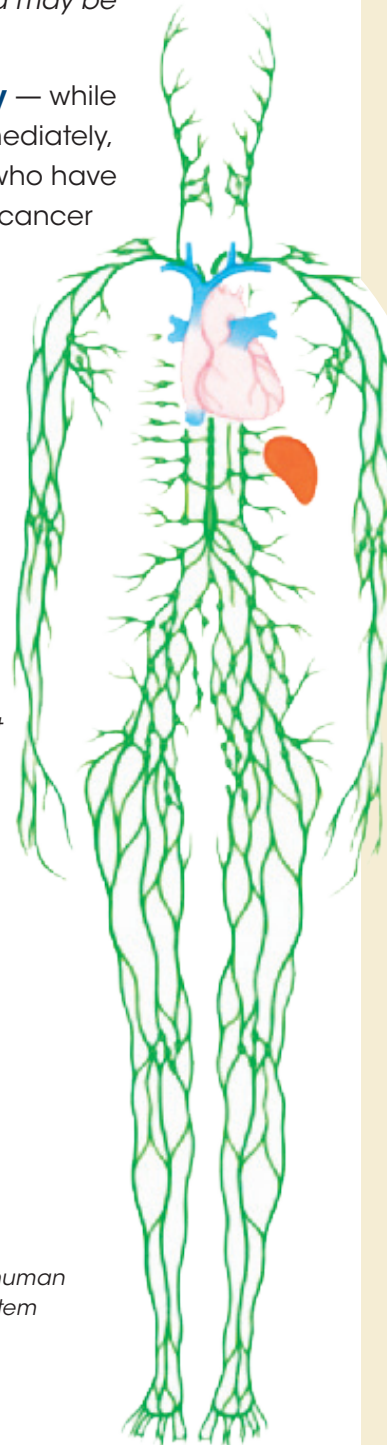
Breast cancer surgery — while it may not appear immediately, 42 percent of women who have had surgery for breast cancer develop lymphedema within a year following their surgery, and 78 percent develop it within five years of their surgery

Colon, prostate or testicular cancer patients are at higher risk of developing lymphedema

Lymphedema treatment techniques are also helpful for people with:

- Cardiovascular problems
- Swelling following surgery or trauma
- Problems with wound healing

Illustration of human Lymphatic System



● **Treatment of Lymphedema**

Lymphedema can be treated but not cured. The certified lymphedema specialist at Harrington will provide a comprehensive treatment program that will reduce the swelling, will assist in the restoration of proper skin integrity, and — most importantly — will enable the person being treated to continue to manage their lymphedema at home. This is done using a method called **Complete Decongestive Therapy** which consists of:

1. Manual lymphatic drainage —

a “hands-on” technique to manually move the stagnant fluid around the damaged area so it is returned to the normal lymphatic circulation



2. Proper skin care

3. Compression bandaging

and the fitting of custom compression garments



4. Decongestive exercises

5. Instruction of the person

being treated to carry out the necessary steps at home to control and manage their lymphedema on an ongoing basis