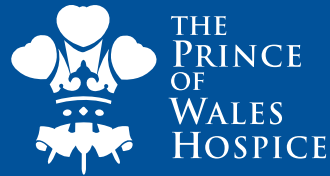




Here to provide care...

So... what is Lymphoedema?

Lymphoedema is a condition that causes swelling in the body's tissues. It can affect any part of the body, but usually develops in the arms or legs. Lymphoedema can't be cured, but with treatment the symptoms can be managed effectively. The condition can affect anyone, of any age group.





We are passionate about supporting people with a life limiting illness and their families in a positive, caring and practical way.

If you would like to find out more please contact the team at The Prince of Wales Hospice, we're here to help.

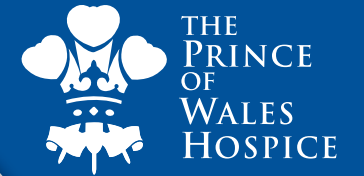
Call: 01977 708868

The Prince of Wales Hospice
Halfpenny Lane, Pontefract,
West Yorkshire WF8 4BG

Call **01977 708868**
Click www.pwh.org.uk
Email reception@pwh.org.uk

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Lymphoedema treatment



What causes Lymphoedema?

Lymphoedema is caused by a problem with the lymphatic system, the drainage system that helps your body get rid of excess fluid and waste products, helping you to fight infection.

Lymphoedema develops when parts of the lymphatic system are damaged or blocked and the fluid in them can't drain in the normal way. As a result, fluid builds up and causes swelling.

Lymphoedema can be genetic (primary lymphoedema), or a result of injury, trauma, infection or treatment of cancer following surgery or radiotherapy (secondary lymphoedema).

How do I get an appointment?

The Prince of Wales Hospice offers treatment for patients with cancer related, and non cancer related, lymphoedema.

We have a Lymphoedema Clinic based at the Hospice in Pontefract, along with services at Wakefield Hospice and The Rosewood Centre, based in the grounds of Dewsbury and District Hospital.

We accept referrals from GPs, consultants, clinical nurse specialists and breast care nurses. Upon referral, you will be offered the next available appointment at the closest clinic to your home address. This is where you will receive all of your treatment.

www.pwh.org.uk

What will happen at my first appointment?

Your first appointment will be approximately two hours long; you're welcome to bring a relative or friend with you for support. Our specialist nurse or therapist will explain lymphoedema and how it might affect you, and then assess your condition.

We encourage you to ask questions relating to your condition. Our team are here to provide support throughout your treatment, including advice to help you manage your condition at home.

You will then be invited to attend a follow up appointment, where we'll discuss your course of treatment.



Here to provide care...



What treatments are offered?

Your treatment will include some of the following:

Skincare advice:

Lymphoedema makes breaks in the skin more likely and increases the chance of developing a skin infection, which could make your condition worse. Your lymphoedema nurse or therapist will give you advice on how to recognise signs of infection, and will provide guidance on skin care to help prevent an infection developing.

Exercise:

Your lymphoedema nurse or therapist may recommend some gentle exercises for you to do at home to reduce arm or leg swelling. In addition, you will receive advice on how to continue to use your affected body part to carry out your daily activities, without placing unnecessary stress on your body.

Massage:

Simple Lymphatic Drainage (SLD) is a form of massage that helps to improve the flow of lymph fluid, allowing it to move away from the swollen area into an area where it can drain normally. SLD is used alongside a series of breathing exercises. Both can be taught for you to carry out at home.

Compression:

Compression garments or bandages can work by putting pressure on your body's tissues to stop fluid building up and encourage fluid to drain. Your compression garment will be selected and fitted by your lymphoedema nurse or therapist, who will explain how to use it and how often you should wear it.

Weight management:

Maintaining a healthy weight will help to control the symptoms of your lymphoedema. Weight management will be discussed at every appointment.