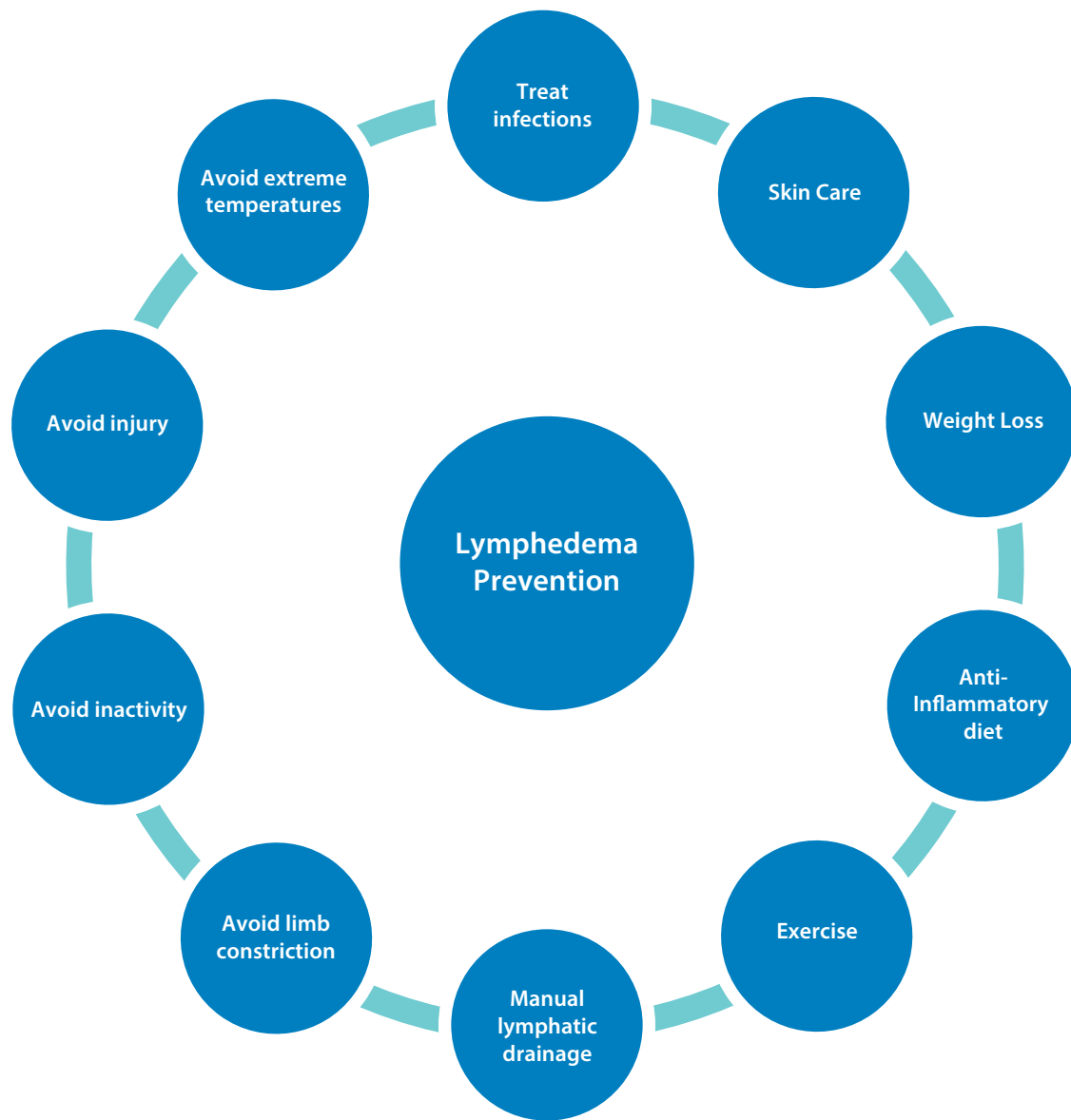


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# REDUCING RISK OF DEVELOPING LYMPHEDEMA

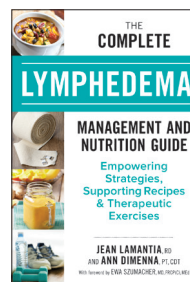


Risk of lymphedema is lifelong.

You may be at risk if:

- You are obese
- You have had lymph nodes or vessels damaged by injury or surgery
- You have had cancer treatment
- You have family members with primary lymphedema

If you suspect you have lymphedema or want to be assessed contact your state or provincial lymphedema association in your area to find a certified lymphedema therapist.



More information including step-by-step images and detailed descriptions of manual lymphatic drainage, skin care, compression bandaging, garments, exercise, taping, nutrition, recipes and meal plans are

included in The Complete Lymphedema Management and Nutrition Guide. Available wherever books are sold.

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