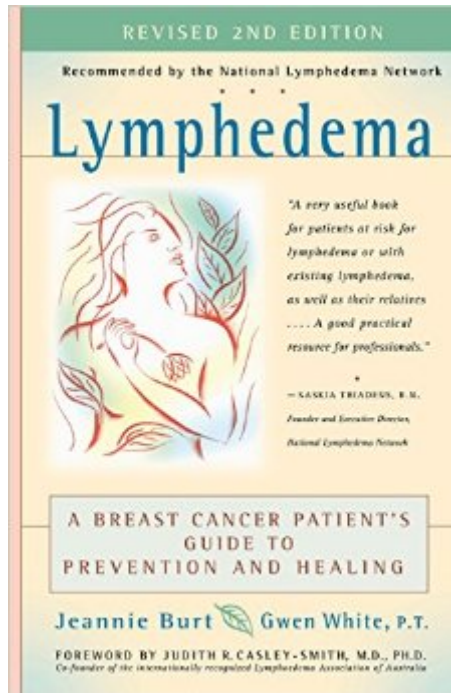


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# Lymphedema: A Breast Cancer Patient's Guide To Prevention And Healing



## Synopsis

Women who undergo surgery for breast cancer may end up with lymphedema, a painful, visible swelling, usually of the arm. Coming to their aid, LYMPHEDEMA lays out the many options for preventing and treating the condition. The book provides information on reducing lymphedema through professional therapy as well as exercise and self-massage, plus helpful illustrations and additional resources. It also tells encouraging stories of women who have dealt with lymphedema successfully. With updates throughout on the latest research, products, and techniques, this new edition features expanded nutrition and exercise sections and covers naturopathy, acupuncture, and Chinese herbal medicine, as well as potential future therapies being tested.

## Book Information

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## Customer Reviews

I have had lymphedema for several years. I live outside a very small town which does not have a person who knows how to treat lymphedema. I found this book on .com and it gave me information that helped find a therapist in another city. I must travel nearly two hundred miles to reach my therapist, but with her help and with the information in this book, the swelling has gone down and my arm is almost back to normal. In another couple of weeks I should not need to see the therapist any longer. Because of the detailed information in this book, and because of the therapist's instructions I know how to bandage my arm, what kind of sleeve to wear on it, exercises I should and should not do, even what kind of breathing helps my arm not swell. I don't know what I would have done if this book had not been available. I wish it had been written years ago when my

swelling began. I recommend it very highly.

*Lymphedema: A Breast Cancer Patient's Guide To Prevention And Healing* describes the many options women have. It emphasizes active self-help and provides extensive information on preventing lymphedema; reducing lymphedema through professional therapy; reducing lymphedema through exercise and self-massage; selecting and using wraps and compression garments; eating right to manage lymphedema; finding emotional support; and locating resources for additional help. Jeannie Burt (a former lymphedema sufferer) and Gwen White (a practicing physical therapist specializing in the treatment of women with lymphedema) have collaborated to write an informative, "reader friendly" text, enhanced with more than fifty illustrations and encouraging stories of women who have dealt with lymphedema successfully using the methods described. *Lymphedema* is highly recommended reading for anyone suffering from or at risk for breast cancer.

I found this book very informative and comforting. It not only tells about lymphedema, about why it starts and what can be done about it, but the book has the stories of other women with lymphedema and shows what they are doing for their condition. It helped make me aware that I am not the only person to have had problems after I was treated for breast cancer. Since my therapy for lymphedema I have used this book to maintain my arm's shape. I think the book is a wonderful guide. It was a real relief for me to find this book.

I found this book incredibly helpful. After two years of having my arm so swollen it would not fit into many of my clothes, I found this book. It showed what exercises to do, how to do self-massage, how to bandage, and where to get help. It is complete with pictures that illustrate each step. I think this book is essential for anyone who's had treatment for breast cancer.

My wife and I found lots of great help in this book. Detailed enough for our academic minds. Honest enough to be helpful in a difficult time. And straightforward enough to be understandable. We showed it to our therapist who liked it enough to include it in her list of resources for others with lymphedema. We highly recommend it.

If I were the magic book fairy, I would put this book in the hands of every breast cancer survivor. As a recent breast cancer survivor (my lumpectomy and sentinel node surgery was in Jan 2010,

followed by radiation), I found this book offered me the most complete and detailed information I sought. In fact, I had checked this book out of the hospital cancer center library and was so impressed, I purchased a copy from . It addressed all of my questions and concerns, from symptoms through treatment(s), including a complete illustrated explanation of lymphatic self-massage. I had learned the technique from my physical therapist, and this serves as an extremely handy reference for refreshing my knowledge. Further, the book is enhanced by the personal stories of several cancer survivors' experience with their own lymphedema.

A terrific book full of the latest research, tips and techniques from real women, and internet resources for managing lymphdema. Also some coverage of both mainstream and alternative treatments which may help. How I wish I had been given this when I first got lymphedema a few years ago. Finding good information which wasn't all gloom and doom was very challenging. This book is well-written, organized, and encouraging.

As a breast cancer survivor, I knew I was at risk for lymphedema. But I didn't actively seek out information until I had it -- i wish I had read this book before absolutely needing it! With its information on what lymphedema is and how to exercise / massage myself for it, I think I would have been able to avoid some of the treatment.

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