

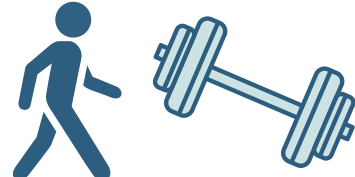


Lymphedema Therapy

What is lymphedema?

Lymphedema is a chronic condition where excess lymphatic fluid collects in tissue spaces causing abnormal edema.

Lymphedema can be debilitating to a person's ability to perform simple tasks such as walking or dressing. With proper treatment, future complications like the infection of lymph vessels (lymphangitis), bacterial infection of the skin (cellulitis) and a form of soft tissue cancer called lymphangiosarcoma can be prevented.

Skin Care	Compression	Mobility & Exercise
 <p>Meticulous skincare is one of the most important aspects of lymphedema management. Prevent infections by keeping your skin clean and hydrated daily and doing frequent inspections.</p>	 <p>Compression helps apply pressure and promotes the healthy circulation of blood. This also reduces the swelling of the limbs, stimulating the flow of lymph fluid and prevents scarring and itching of the skin.</p>	 <p>Lack of movement can contribute to swelling. Therefore, maintaining a healthy body weight and doing physical activities or exercise can build strength and flexibility while reducing swelling.</p>



At InHome, our team of **local** clinicians and therapists are trained to educate you about techniques and equipment that can help reduce lymphedema swelling. Treatment plans are tailored to each patients' distinct needs.

- **SEVERINO LOZANO, RN** InHome Clinical Supervisor



For more information, scan the QR code to visit our website
Call us at **800-473-4480** or email info@inhomehcs.com