

Treatment Options

Treatment varies but may include:

- Proper skin care
- Manual Lymph Drainage (MLD) – a gentle form of massage
- Compression bandaging
- Exercise
- Compression garments
- Pneumatic compression devices
- Education in self-management of lymphedema

Insurance Information

Lymphedema Treatment is reimbursed by the following in-network insurance plans

Partners in Health
Medicaid
Medicare
GHI
HIP/Southern Center
Aetna/Oxford



For Further Information
call

718-960-6173

LYMPHEDEMA TREATMENT PROGRAM

**Union
Community
Health
Center**

**Physical
Medicine &
Rehabilitation
Services**

Located in the
St. Barnabas Ambulatory
Care Center
4487 Third Ave.
at 182nd Street 7th Fl.
Bronx, NY 10457

718-960-6173



LYMPHEDEMA TREATMENT PROGRAM

WHAT IS LYMPHEDEMA?

Lymphedema is the accumulation of fluid occurring in the arms, legs, face or trunk, usually after an injury, infection or any type of surgery involving the lymph nodes. (Secondary Lymphedema).

This condition may also occur after birth or start in the teens without having any surgery (Primary Lymphedema). This form of lymphedema is not as common.

WHO IS AT RISK?

- You may be at risk if you have received cancer treatment involving surgery, chemo-therapy and/or radiation treatment.
- **Women** who have undergone **breast cancer surgery** can develop swelling in the arms, hands, fingers, shoulders, chest, or legs.
- A woman is also at risk for developing lymphedema in her legs if she's had surgery for **cervical or uterine cancer**.
- **Melanoma** treated with lymph node dissection and/or radiation may also result in lymphedema in the area that was treated.
- **MEN** are at risk for developing lymphedema in the legs and groin area if they have undergone treatment for **prostrate cancer**.

SIGNS AND SYMPTOMS

- Lymphedema can occur right after an operation, a few months later, or even years after treatment.

- Report any numbness, tightness, stiffness, pain, heaviness, redness, decreased strength, increase in limb size, or infection to your doctor.

HOW IS LYMPHEDEMA DIAGNOSED?

Lymphedema is diagnosed after a complete physical examination that includes your medical history, past surgeries, treatments and medications. **Early intervention is essential.**

CHRONIC LYMPHEDEMA THERAPY TAKES TEAMWORK

Treatment for lymphedema requires a coordinated effort by the physician, physical therapist /occupational therapist, and patient. The goal of therapy is to minimize edema, restore function, and improve the cosmetic appearance of the limb.

WHERE CAN I GET TREATMENT?

A special Lymphedema Treatment Program, with highly qualified, certified therapists, is available in Union Community Health Center's Physical Medicine & Rehabilitation

