



Lymphedema & Physical Therapy

Lymphedema is a build-up of lymph fluid in the arm that can occur after damage to the lymph system from surgery or radiation. We cannot predict who will get lymphedema and although the risk remains for your lifetime, most people who develop lymphedema will do so in the first two years after treatment.

There is no cure for lymphedema. Once you have lymphedema, treatment is aimed at controlling symptoms and preventing progression of the disease. Lymphedema usually gets diagnosed when swelling becomes visible, but by then, fluid has already collected, causing inflammation and changes in the tissues of the arm. The earlier it can be detected, the sooner treatment can begin.

Using new technology now available at BIDMC, even small increases in fluid can be detected before swelling is even visible, or symptoms are present. A measurement before surgery is important to establish your ‘normal’ level of fluid, so that any increase after surgery can be identified early.

Before your surgery, you will meet with a physical therapist who will take measurements of the fluid level, height, weight, arm size, and your arm movement. You will get information about lymphedema, how it’s treated, and the role of exercise in your overall recovery.

As part of the pre-surgical process, your doctor will send an order for physical therapy through the online medical record system. The physical therapy department will then call you to schedule an appointment. If you don’t hear from them, or want to call yourself and schedule, the number is (617) 754-9100.

“AN OUNCE OF PREVENTION
IS WORTH A POUND OF CURE”

—*Benjamin Franklin*





Lymphedema & Physical Therapy

Lymphedema is a build-up of lymph fluid in the arm that can occur after damage to the lymph system from surgery or radiation. We cannot predict who will get lymphedema and although the risk remains for your lifetime, most people who develop lymphedema will do so in the first two years after treatment.

There is no cure for lymphedema. Once you have lymphedema, treatment is aimed at controlling symptoms and preventing progression of the disease. Lymphedema usually gets diagnosed when swelling becomes visible, but by then, fluid has already collected, causing inflammation and changes in the tissues of the arm. The earlier it can be detected, the sooner treatment can begin.

Using new technology now available at BIDMC, even small increases in fluid can be detected before swelling is even visible, or symptoms are present. A measurement before surgery is important to establish your 'normal' level of fluid, so that any increase after surgery can be identified early.

Before your surgery, you will meet with a physical therapist who will take measurements of the fluid level, height, weight, arm size, and your arm movement. You will get information about lymphedema, how it's treated, and the role of exercise in your overall recovery.

As part of the pre-surgical process, your doctor will send an order for physical therapy through the online medical record system. The physical therapy department will then call you to schedule an appointment. If you don't hear from them, or want to call yourself and schedule, the number is (617) 754-9100.

“AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE”

—Benjamin Franklin



Lymphedema & Physical Therapy

Lymphedema is a build-up of lymph fluid in the arm that can occur after damage to the lymph system from surgery or radiation. We cannot predict who will get lymphedema and although the risk remains for your lifetime, most people who develop lymphedema will do so in the first two years after treatment.

There is no cure for lymphedema. Once you have lymphedema, treatment is aimed at controlling symptoms and preventing progression of the disease. Lymphedema usually gets diagnosed when swelling becomes visible, but by then, fluid has already collected, causing inflammation and changes in the tissues of the arm. The earlier it can be detected, the sooner treatment can begin.

Using new technology now available at BIDMC, even small increases in fluid can be detected before swelling is even visible, or symptoms are present. A measurement before surgery is important to establish your 'normal' level of fluid, so that any increase after surgery can be identified early.

Before your surgery, you will meet with a physical therapist who will take measurements of the fluid level, height, weight, arm size, and your arm movement. You will get information about lymphedema, how it's treated, and the role of exercise in your overall recovery.

As part of the pre-surgical process, your doctor will send an order for physical therapy through the online medical record system. The physical therapy department will then call you to schedule an appointment. If you don't hear from them, or want to call yourself and schedule, the number is (617) 754-9100.

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"

—Benjamin Franklin



Lymphedema & Physical Therapy

Lymphedema is a build-up of lymph fluid in the arm that can occur after damage to the lymph system from surgery or radiation. We cannot predict who will get lymphedema and although the risk remains for your lifetime, most people who develop lymphedema will do so in the first two years after treatment.

There is no cure for lymphedema. Once you have lymphedema, treatment is aimed at controlling symptoms and preventing progression of the disease. Lymphedema usually gets diagnosed when swelling becomes visible, but by then, fluid has already collected, causing inflammation and changes in the tissues of the arm. The earlier it can be detected, the sooner treatment can begin.

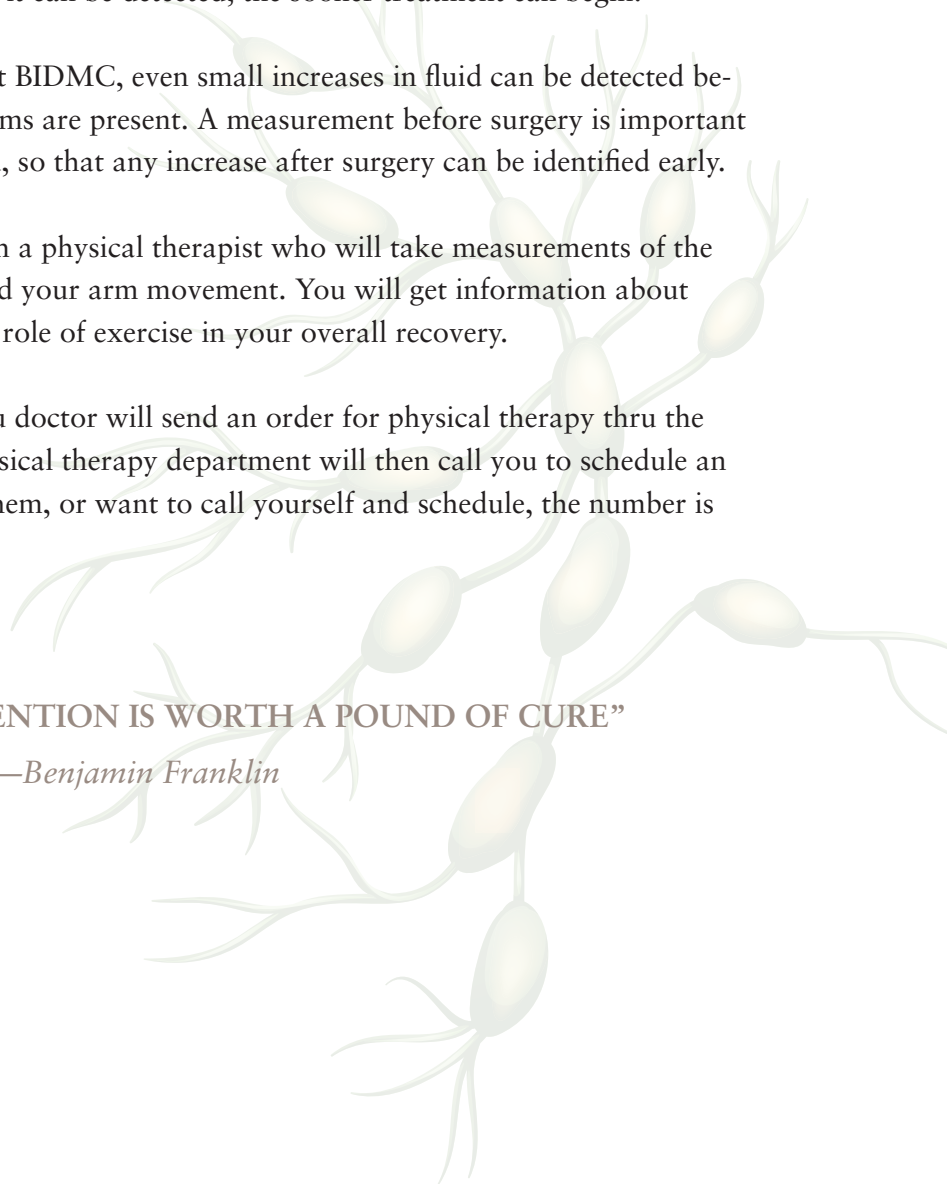
Using new technology now available at BIDMC, even small increases in fluid can be detected before swelling is even visible, or symptoms are present. A measurement before surgery is important to establish your 'normal' level of fluid, so that any increase after surgery can be identified early.

Before your surgery, you will meet with a physical therapist who will take measurements of the fluid level, height, weight, arm size, and your arm movement. You will get information about lymphedema, how it's treated, and the role of exercise in your overall recovery.

As part of the pre-surgical process, your doctor will send an order for physical therapy thru the online medical record system. The physical therapy department will then call you to schedule an appointment. If you don't hear from them, or want to call yourself and schedule, the number is (617) 754-9100.

“AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE”

—Benjamin Franklin





Beth Israel Deaconess
Medical Center

Lymphedema & Physical Therapy

Lymphedema is a build-up of lymph fluid in the arm that can occur after damage to the lymph system from surgery or radiation. We cannot predict who will get lymphedema and although the risk remains for your lifetime, most people who develop lymphedema will do so in the first two years after treatment.

There is no cure for lymphedema. Once you have lymphedema, treatment is aimed at controlling symptoms and preventing progression of the disease. Lymphedema usually gets diagnosed when swelling becomes visible, but by then, fluid has already collected, causing inflammation and changes in the tissues of the arm. The earlier it can be detected, the sooner treatment can begin.

Using new technology now available at BIDMC, even small increases in fluid can be detected before swelling is even visible, or symptoms are present. A measurement before surgery is important to establish your 'normal' level of fluid, so that any increase after surgery can be identified early.

Before your surgery, you will meet with a physical therapist who will take measurements of the fluid level, height, weight, arm size, and your arm movement. You will get information about lymphedema, how it's treated, and the role of exercise in your overall recovery.

As part of the pre-surgical process, your doctor will send an order for physical therapy thru the online medical record system. The physical therapy department will then call you to schedule an appointment. If you don't hear from them, or want to call yourself and schedule, the number is (617) 754-9100.

**“AN OUNCE OF PREVENTION
IS WORTH A POUND OF CURE”**

—Benjamin Franklin



Beth Israel Deaconess
Medical Center

Lymphedema & Physical Therapy

Lymphedema is a build-up of lymph fluid in the arm that can occur after damage to the lymph system from surgery or radiation. We cannot predict who will get lymphedema and although the risk remains for your lifetime, most people who develop lymphedema will do so in the first two years after treatment.

There is no cure for lymphedema. Once you have lymphedema, treatment is aimed at controlling symptoms and preventing progression of the disease. Lymphedema usually gets diagnosed when swelling becomes visible, but by then, fluid has already collected, causing inflammation and changes in the tissues of the arm. The earlier it can be detected, the sooner treatment can begin.

Using new technology now available at BID-MC, even small increases in fluid can be detected before swelling is even visible, or symptoms are present. A measurement before surgery is important to es-



establish your 'normal' level of fluid, so that any increase after surgery can be identified early.

Before your surgery, you will meet with a physical therapist who will take measurements of the fluid level, height, weight, arm size, and your arm movement. You will get information about lymphedema, how it's treated, and the role of exercise in your overall recovery.

As part of the pre-surgical process, your doctor will send an order for physical therapy through the online medical record system. The physical therapy department will then call you to schedule an appointment. If you don't hear from them, or want to call yourself and schedule, the number is (617) 754-9100.



Beth Israel Deaconess
Medical Center



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

Lymphedema Clinic

330 Brookline Ave.

Shapiro 250

Boston, MA 02215

(617) 754-9100

lymphedema@bidmc.harvard.edu

bidmc.org/lymphedema

**“AN OUNCE OF PREVENTION
IS WORTH A POUND OF CURE”**

—Benjamin Franklin