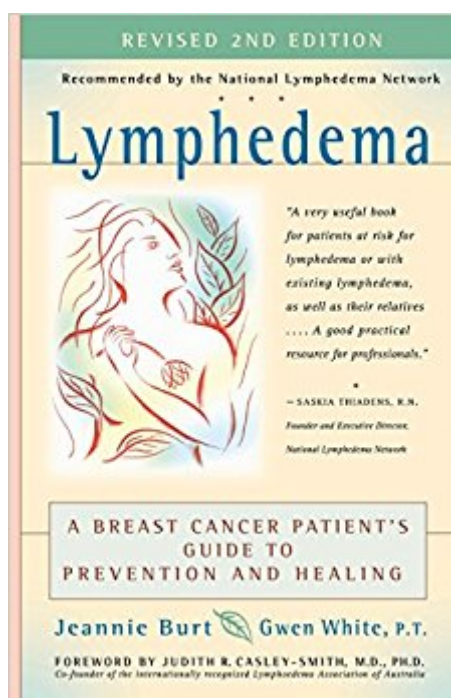


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# Lymphedema: A Breast Cancer Patient's Guide To Prevention And Healing



## 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

Lymphedema is a swelling caused by an accumulation of lymphatic fluid in tissues and is common among women who have undergone breast cancer surgery with axillary node dissection and/or radiation. Yet prior to surgery, most women are unaware of this condition and the heartache it can bring. Burt, a human resources consultant and breast cancer patient who has been affected by lymphedema, and White, a physical therapist, have put together an informative little book that should help all women suffering from the condition, at least to some degree. In the past, many women were told they would have to live with the swollen arm and lack of mobility that appeared after their surgery. Burt and White present treatment plans, massage therapies (professional and self-administered), and exercise regimens to alleviate or diminish this surgical aftermath. Though

the authors advise vigilance to keep the skin and affected arm as healthy as possible, unfortunately, lymphedema can strike many years after surgery. Their useful guide will help women remain active and, one hopes, less obsessed with the "other" results of breast cancer. Recommended for patient health collections. -Bette-Lee Fox, "Library Journal" Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

" Lymphedema is a swelling caused by an accumulation of lymphatic fluid in tissues and is common among women who have undergone breast cancer surgery with axillary node dissection and/or radiation. Yet prior to surgery, most women are unaware of this condition and the heartache it can bring. Burt, a human resources consultant and breast cancer patient who has been affected by lymphedema, and White, a physical therapist, have put together an informative little book that should help all women suffering from the condition, at least to some degree. In the past, many women were told they would have to live with the swollen arm and lack of mobility that appeared after their surgery. Burt and White present treatment plans, massage therapies (professional and self-administered), and exercise regimens to alleviate or diminish this surgical aftermath. Though the authors advise vigilance to keep the skin and affected arm as healthy as possible, unfortunately, lymphedema can strike many years after surgery. Their useful guide will help women remain active and, one hopes, less obsessed with the "other" results of breast cancer. Recommended for patient health collections. "Library Journal"...this book's strength lies not only in its content, but in the spirit of hope it engenders." "MAMM Magazine";focused on patient education and empowerment while compiling a wide range of information and expertise;an excellent resource to clinicians." "Physical Therapy (American Physical Therapy Association's official publication)";incredibly well-written;exactly the information patients want. The low cost makes this information accessible to many people and a real find." "Oncology Nursing Forum

A terrific book full of the latest research, tips and techniques from real women, and internet resources for managing lymphedema. 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.

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.

I have been giving this book out to my clients for about 5 years - since it was recommended to me by a client. It can help people through the many options they face, the many problems, and help them in making the best decision for themselves. It also shows a lot of opportunities that people might not know about - except by chance. I keep this in the retail area of my store so clients don't even have to get online and order it themselves - sometimes they just aren't up to it! Everyone who has read this responded that it helped them a lot and gave many peace of mind that they were not alone!

This was very helpful. It reassured me that what my physical therapist told me was accurate. It also gave me ideas and advice beyond what I have found anywhere else. So glad I came across this book.

If you are a breast cancer survivor, I highly recommend this book. Check to see if a newer version has been released. I carried it with me for 3 or 4 years. I have given it as gifts and gotten excellent feedback. Really helped me!

Comprehensive. As a breast cancer survivor living with grade 2 lymphedema, this book is THE MOST important important reference book to my condition...I use it often. It was my sole orientation to so many very important aspects of taking responsibility for one's health. A+ + + +

You will find few visuals in this book. I need diagrams that help show how to massage the lymph glands..Information mostly in written form, not visual

This is a patient centered book that answers basic and more complex questions. It does not solve

lymphedema, but it empowers the reader to help his or her self and helps prepare them for a dialog with their practitioners. If you have or are at risk for having lymphedema, this is a book worth having (especially with the reasonable price).

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