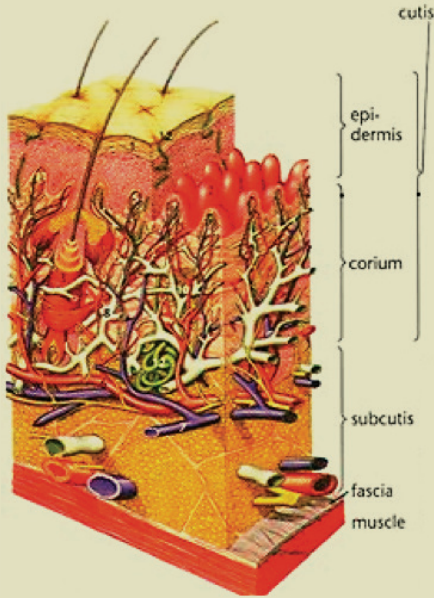


**CHRISTINA HANKINS** is a certified lymphedema therapist. At Hamilton Vein Center, Christina works with patients who are treated for their Chronic Venous Insufficiency (CVI) and lymphedema therapy to help patients get the best results possible. She is dedicated to making patients independent with their lymphedema home



The image above shows the relationship between the body's systems including the lymphatic, venous and arterial systems. It is not surprising that the lymphatic and venous systems are intimately interrelated. We have found that treating patients with chronic venous insufficiency (CVI) and lymphedema yields superior results for patients suffering with these conditions.

[HAMILTONVEIN.COM](http://HAMILTONVEIN.COM)

# MANAGING LYMPHEDEMA

UNDERSTANDING CHARACTERISTICS AND TREATMENT OF LYMPHEDEMA AND THE BENEFITS OF MANAGING LYMPHEDEMA ALONGSIDE VEIN TREATMENT

HAMILTON  
VEIN CENTER

A LEADER IN VEIN TREATMENT

HAMILTON  
VEIN CENTER

A LEADER IN VEIN TREATMENT

# WHAT IS LYMPHEDEMA?

Lymphedema is the build up of lymphatic fluid within your body's connective tissues that causes swelling. It develops when lymphatic vessels are missing, impaired, or damaged, as well as when lymph nodes are removed. This protein-rich fluid reduces oxygen availability, and when left untreated, can prevent wound healing and cause infection.

It's a chronic disease that is treated with decongestive and maintenance phases.

## SYMPTOMS:

- Swelling
- Pain and discomfort
- Decreased range of motion
- Numbness
- Tight/heavy sensations
- Recurring infections
- Wounds
- Cosmetic deformity

# WHAT CAN YOU DO ABOUT IT?

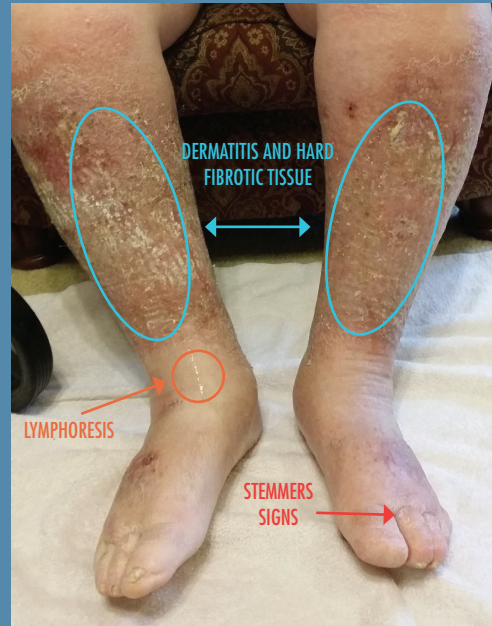
Your body's lymphatic and venous systems are heavily connected, and lymphedema manifests itself through skin changes, similar to those that indicate vein disease. Because of this, treating a patient's venous issue will improve their lymphatic condition as well.

Today, the most effective method of comprehensive treatment is Complex Decongestive Therapy (CDT).

## CDT CONSISTS OF 5 ELEMENTS:

- Topical skin care
- Manual lymphatic drainage
- Bandaging
- Remedial exercises
- Compression garments

This treatment can reduce swelling, improve pain management, enhance self-esteem, prevent unnecessary complications, and help patients return to work and leisure activities. Patients will also be taught proper techniques to manage their own disease process.



BEFORE



AFTER

Some of the symptoms are venous related and others are lymphatic. Symptoms for each are as follows:

**VENOUS:** hemosiderin staining, stasis dermatitis, swelling, dry scaly skin

**LYMPHEDEMA:** lymphoeresis, positive stemmers sign, fibrosity (hard protein filled tissue), papillomas