

6 THINGS YOU SHOULD KNOW ABOUT LYMPHEDEMA

1 Lymphedema is chronic swelling caused by a build-up of fluid that occurs when the lymphatic system is either faulty or damaged.

Damaged vessels blocking the normal flow of lymphatic fluid

3 Many patients go **undiagnosed or are misdiagnosed** due to lack of awareness. If you experience swelling for 3 or more months, see a healthcare provider who can evaluate for lymphedema.

4 There is no known cure for lymphedema, but it can be effectively treated. **Compression therapy** is the most critical component of treatment. Without it, patients are at increased risk for complications and disability.

6 The **Lymphedema Treatment Act** was a federal bill passed by Congress in December of 2022. The new law will require Medicare to cover lymphedema compression garments and supplies starting in January of 2024, and will set a precedent for other public and private insurance plans. Continued advocacy is needed to ensure that all patients have access to treatment for this chronic disease.

2 An estimated 3-5 million Americans suffer from lymphedema. *That is more than ALS, Cystic Fibrosis, Multiple Sclerosis, Muscular Dystrophy, and Parkinson's Disease combined.*



2 out of 5 breast cancer patients will develop lymphedema within 5 years of surgery.*

Swollen tissue due to buildup of lymphatic fluid

5 Leading Causes Include:

- Lymph node removal for cancer treatment
- Injury to lymphatic vessels due to trauma or infection
- Venous insufficiency, causing overload of lymphatic vessels
- Congenital malformation of the lymphatics



Visit our website to learn more about lymphedema and insurance coverage.

LymphedemaTreatmentAct.org