



World
Lymphedema
Day®
March 6



What is World
Lymphedema
Day

In 2016, the Lymphatic Education & Research Network (LE&RN) petitioned the U.S. Senate and governments around the world for recognition of lymphedema and lymphatic diseases. In response, the U.S. Senate passed a bill establishing March 6 as World Lymphedema Day. The goal is to make lymphedema and lymphatic diseases a global priority, to engage governments and researchers to dedicate themselves to finding advanced treatments and cures, and to address the incredible psycho-social burden of those with lymphedema and lymphatic diseases¹

Lymphedema
affect an est.
15% of all
cancer
survivors¹

WHO estimates
that over 250
million people
live with
lymphedema in
the world¹

Est. 50,000
primary
lymphedema
patients in EU²

Est 15,000
Lymphedema
Patients in
Ireland

What is
lymphedema?

Lymphedema is a chronic lymphatic disease that results in disfiguring swelling in one or more parts of the body. It is an abnormal build up of fluid in the tissues under the skin. It can be hereditary (Primary Lymphedema) or it can occur after a surgical procedure, infection, radiation or other physical trauma (Secondary Lymphedema).¹

How is it
treated?

Currently there is no cure. But the golden standard of care is Complete Decongestive Therapy which involves manual lymphatic drainage, exercise, skin care and compression. Self management such as keeping a healthy weight, educating oneself about the condition, reaching out to other patients, knowing the signs and symptoms of an infection and being proactive can help with living with a chronic condition.

For more information www.lymphireland.com