

# LYMPHOEDEMA

## Know the early warning signs



Lymphoedema is a swelling that can happen when the lymphatic system is not working properly. One way lymphoedema may develop is after surgery or injury to the lymphatic system, which might happen due to cancer treatment, but lymphoedema can also develop seemingly out of nowhere. If you get these feelings in your arms, legs, trunk or head and neck, you may be developing lymphoedema:



### TIGHTNESS

Jewellery, shoes or clothing feel too tight, particularly on one side, without overall weight gain. The skin may also feel tight or stretched in the same area.



### SWELLING

The area looks bigger than before or compared to the other side. This may not be something that others notice; just the person who has swelling.



### ACHING

The area feels achy or heavy, especially at the end of the day.



### CELLULITIS

People who have or are developing lymphoedema are at a higher risk of getting a skin infection called cellulitis. People often report experiencing repeated bouts of cellulitis before a diagnosis of lymphoedema is made.

**Early diagnosis and treatment of lymphoedema can lead to better outcomes.**

If you are worried or experiencing these types of problems, talk to your doctor or a lymphoedema practitioner about getting assessed for lymphoedema.

For more information visit:

**National Lymphoedema Practitioners Register (NLPR):**

[www.lymphoedema.org.au/accreditation-nlpr/find-a-practitioner](http://www.lymphoedema.org.au/accreditation-nlpr/find-a-practitioner)

**Australasian Lymphology Association (ALA):**

[www.lymphoedema.org.au](http://www.lymphoedema.org.au)



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