

# Lymphoedema Management Service

Supporting people with or at risk of lymphoedema



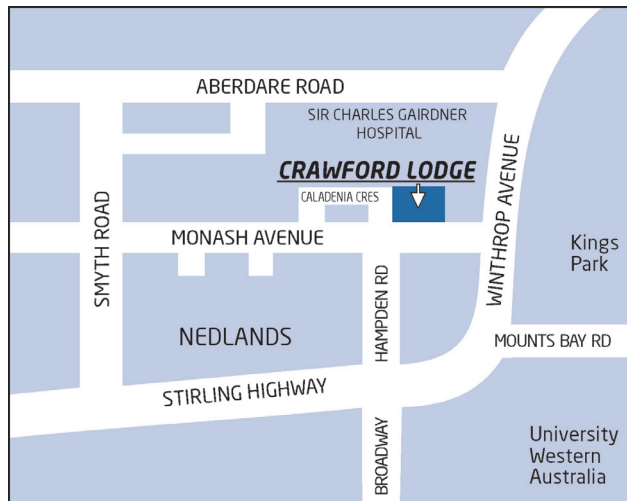
- Providing a service for people with or at risk of developing lymphoedema, as a result of cancer treatment.

## How do I make an appointment?

Contact the Cancer Council WA Lymphoedema Management Service between 8.30am and 4.30pm weekdays, on (08) 9489 7318.

## Where are we located?

Cancer Council WA Crawford Lodge  
55 Monash Avenue  
Nedlands WA 6009



For further information contact:

 **Cancer Council  
Helpline**  
**13 11 20**

Statewide for the cost of a local call  
Weekdays 8am - 6pm

**Cancer Council Western Australia**  
*A non-government, community supported organisation*

[www.cancerwa.asn.au](http://www.cancerwa.asn.au)

## Additional resources

For further information on secondary lymphoedema, visit the NBCC website - [www.nbcc.org.au/lymphoedema](http://www.nbcc.org.au/lymphoedema).

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 **Funded by  
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 **Cancer  
Council**  
Western Australia

Cancer Council WA Lymphoedema Management Service provides a special service for people with or at risk of developing lymphoedema as a result of cancer treatment.

## What is lymphoedema?

Lymphoedema (lym-phoe-de-ma) is the swelling that results from accumulated lymph fluid when the lymphatic vessels or lymph nodes are blocked or damaged.

The lymph system is responsible for carrying lymph fluid from the connective tissue back to the blood stream. Lymph fluid is made up of excess water, protein and waste material. During the transportation process the fluid passes through lymph nodes where it is filtered of any wastes.

When lymph nodes are removed or damaged as a result of cancer surgery or radiotherapy treatment the lymph fluid can build up in the connective tissue and cause swelling of the affected area - this is called lymphoedema (oedema = swelling).

## How can lymphoedema be treated?

Although there is currently no cure for lymphoedema, it can be managed effectively. The aim of treatment is to:

- Improve the drainage of lymph fluid
- Reduce swelling
- Reduce discomfort.

Treatment involves several different techniques and is likely to consist of :

- Manual Lymph Drainage (MLD): A special light massage that stimulates the lymphatics, helping the lymph fluid to move towards lymph nodes and drain the congested area
- Compression: Graduated compression garments help to prevent or maintain swelling. During intensive treatment, bandages are used to reduce swelling
- Exercise: As muscle contraction helps move lymph fluid, special home exercises are designed to work with the lymphatic system
- Skin care advice
- Low Level Laser Therapy: This specialised laser treatment may be beneficial in assisting in the treatment of some lymphoedemas.

## What does Cancer Council WA Lymphoedema Management Service offer?

- Experienced lymphoedema therapists
- Initial assessment
- Individually tailored treatment programs
- Complex lymphatic therapy
- Manual lymph drainage (MLD)
- Compression bandaging
- Prescription of graduated compression garments

- Low level laser therapy
- Kinesio Taping
- Self-management techniques
- Understanding Lymphoedema workshops.

## Who can use our service?

The Lymphoedema Management Service is available for people who have developed or are at risk of developing lymphoedema as a result of a cancer diagnosis and treatment.

## Do I need a referral?

Although a doctor's referral is not necessary, it is often helpful. Veteran's Affairs patients do require a referral.

## What will it cost?

The cost of treatment is subsidised by community donations received by Cancer Council WA. Concession rates for Health Care Card holders and Pension Card holders also apply. For details of our fees, please phone the service on (08) 9489 7318.

## What rebates are available?

Rebates may be available from private health funds for treatment sessions and compression garments. Check with your health fund. A limited amount of Medicare rebate is accessible through the Enhanced Primary Care (EPC) program. EPC referrals are available from your GP.