



# Lymphedema: Finding the Holistic Approach

*Phillip J. Pollot*

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## **Lymphedema: Finding the Holistic Approach** Phillip J. Pollot

If you wake up each day to the constant companion of lymphedema, you need to read this book. There are many things you can do to prevent or manage lymphedema, and educating yourself about your condition is the first step. This book will teach you about what lymphedema is, what causes it, and how you can take action to reduce and even eliminate your symptoms. It will provide you with the tools you need to manage what is, for many, a life-long condition. Written primarily for women who developed lymphedema as a result of treatment for breast cancer, the methods can be useful for anyone who suffers from this condition. Empower yourself to build new habits so that you can enjoy the best possible quality of life!

Breast cancer's life saving surgery is the number one cause of lymphedema in the U.S. With approximately 240,000 cases of breast cancer diagnosed each year (2007 American Cancer Society), this one year of cases would form a line about 90 miles long. Yes, an hour and a half driving at 60 miles per hour! As we drive along this line there may be as many as thirty-five percent that will develop lymphedema. Educating yourself is critical to take yourself to a management level with lymphedema.

Don't know what lymphedema is? Think of your arm or leg as a water balloon filled with a protein rich fluid. Now you know!

The information in this book will give you down to earth common sense things you can do which may prevent or manage lymphedema. You will learn the chemistry of foods, and make choices which are friendly to the body. You will discover a simple way of eating to allow more peristaltic action of your lymphatic vessels. Fix your sights on management - not maintenance.

In order to exercise self-responsibility you must have tools, acting with knowledge will eliminate the frustration of leaving all your lymphedema care to others. You will have a life time risk for lymphedema with lymph node removal, now is the time to be empowered in building new habits to assure the best possible quality of life.

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