

Session Title

Self-Managing Lymphedema: Take control
Plenary Session: Saturday, October 24 at 10:45pm
Learning Stream: 1 and 2

Session Summary

Due to the chronic nature of lymphedema, it takes a good self management plan to live with this condition and keep it from deteriorating. This presentation will compare the similarities and differences between managing limbs with cancer-related lymphedema or non-cancer-related lymphedema. Areas of discussion include risk reduction, skin care, garments, exercise, self-bandaging, self/simple MLD, and good medical team/family/peer support.

Objectives:

1. Self-care techniques for upper and lower limbs, cancer-related lymphedema vs non-cancer-related lymphedema
2. Demonstration of self-bandaging of an upper limb and lower limb.
3. Provide an opportunity for audience input on other unique self-care tips.

Lori Radke is a physiotherapist that has worked in Alberta for more than 25 years since graduating from the U of A in 1988. She gained experience with edema management on the Home Care Skin and Wound Care team in Calgary and oncology experience on the Palliative Home Care team. She became a certified Lymphedema therapist and started the Rehabilitation Oncology program at the Tom Baker Cancer Center in 2009.