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PRESS RELEASE

## Caring for 3-5 million Americans with Lymphedema

*Chronic swelling from lymphedema affects 3-5 million Americans—including 20-40% of cancer survivors. Most people with lymphedema need assistance with home care to control their swelling and minimize their risk of infection and other serious complications. **Lymphedema Caregiver's Guide** is the first book specifically for family and professionals who provide or arrange daily lymphedema care.*

San Francisco, California (PRWEB) March 6, 2009 – Lymph Notes has released an important new book that fills a longstanding gap in the health care market.

**Lymphedema Caregiver's Guide** is the first book specifically for family, friends, and professionals who provide or arrange lymphedema home care. Written by an experienced lymphedema therapist, together with a clinical psychologist and a professional medical writer, **Caregiver's Guide** covers all aspects of lymphedema home care including emotional support.

In her Foreword, Dr. Paula Stewart argues that "Failure of treatment is often due to a lack of supportive care in the home. Patients are unable to provide self-care, which is the key aspect of lymphedema management. This book clearly argues the need for competent caregivers and sets about to bridge the gap in lymphedema home care."

*Library Journal* (1/15/2009) in a starred review called this book "an amazing one-stop compendium of all the information one would need to be an effective, compassionate, and healthy caregiver to someone with lymphedema."

In *NLN Lymph Link* (Jan 2009), Bonnie Lasinski, MA, PT, CI, CLT-LANA, called this a book "a welcome reference that will compliment the self-care and home management program developed for individual patients by their lymphedema practitioner."

Swelling from lymphedema may affect one or both arms, legs, or other body parts. Lymphedema is a chronic condition that can be disfiguring, painful, disabling and potentially life threatening, especially without proper care. Secondary lymphedema results when the lymph flow is impaired by cancer treatment (breast cancer, melanoma, reproductive cancers, etc.), surgery, radiation, burns, obesity, circulatory disorders, or other trauma. Primary lymphedema results from developmental errors in the lymphatic system that may be apparent at birth or appear at any age.

Home care for lymphedema involves skin and nail care to minimize infection risk, simple lymph drainage or self massage, compression techniques to control swelling,



special exercises to stimulate lymph flow, risk reduction, and emotional support. This book also covers arranging and paying for care, caring for the caregiver, activities of daily living, and much more. The book website ([www.Lymphedema-Caregiver.com](http://www.Lymphedema-Caregiver.com)) has downloadable forms and other tools and information for caregivers and care arrangers.

### ***About the Authors***

**Mary Kathleen Kearse, PT, CLT-LANA**, has worked full time with lymphedema patients for eight years and practiced physical therapy for 24 years. She is an active lymphedema educator at local, regional, and international professional meetings.

**Elizabeth McMahon, PhD** is a clinical psychologist with over 25 years of experience, co-author of **Living Well with Lymphedema**, author of **Overcoming the Emotional Challenges of Lymphedema**, and co-editor of **Voices of Lymphedema**.

**Ann Ehrlich, MA** is a professional medical writer with secondary lymphedema following breast cancer treatment, co-author of **Living Well with Lymphedema**, and co-editor of **Voices of Lymphedema**.

### ***Book Details***

**Lymphedema Caregiver's Guide: arranging and providing home care** by Mary Kathleen Kearse, PT, CLT-LANA; Elizabeth McMahon, PhD; Ann Ehrlich, MA; foreword by Paula Stewart, MD, CLT-LANA.

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### ***About Lymph Notes***

Lymph Notes publishes high quality health information in print and online. [www.LymphNotes.com](http://www.LymphNotes.com) is an online information and referral resource with an active online community for people with lymphedema, their family and friends, and the healthcare professionals who treat them. Lymph Notes books are available wholesale from Ingram, Baker & Taylor and other distributors, retail from Amazon.com, Barnes & Noble, and other booksellers, or direct from the publisher ([sales@LymphNotes.com](mailto:sales@LymphNotes.com)).

Other Lymph Notes titles include a patient handbook (**Living Well With Lymphedema**), a book on the psychological aspects of lymphedema (**Overcoming the Emotional Challenges of Lymphedema**), and a book of inspiring stories from patients and therapists (**Voices of Lymphedema**).

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