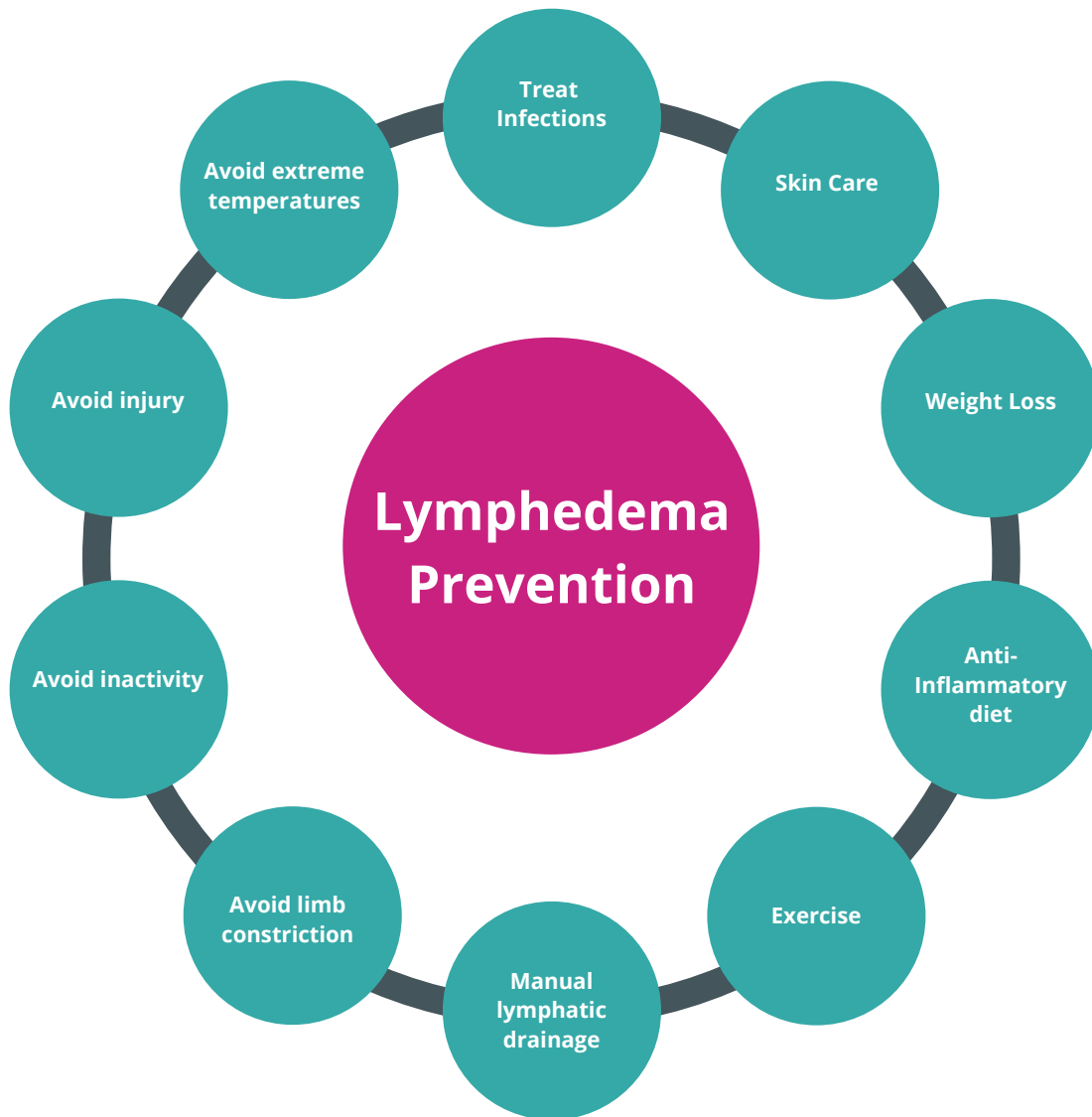


# Reducing Risk of Developing Lymphedema

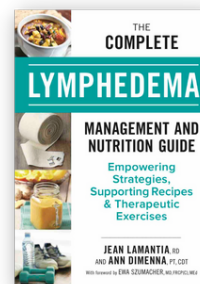


Risk of lymphedema is lifelong.  
You may be at risk if:

- You are obese
- You have had lymph nodes or vessels damaged by injury or surgery
- You have had cancer treatment
- You have family members with primary lymphedema

If you suspect you have lymphedema or want to be assessed contact your state or provincial lymphedema association in your area to find a certified lymphedema therapist.

*Jean LaMantia* RD  
DIETITIAN • AUTHOR • SPEAKER



More information including step-by-step images and detailed descriptions of manual lymphatic drainage, skin care, compression bandaging, garments, exercise, taping, nutrition, recipes and meal plans are included in *The Complete Lymphedema Management and Nutrition Guide*. Available wherever books are sold.