

# Understanding Lymphedema: Causes, Symptoms & Treatment

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Lymphedema is the buildup of protein-rich fluid in the body, affecting areas like the arms, legs, trunk, and even the head and neck. It can cause pain, swelling, skin changes, and difficulty moving the affected area.

## What Causes Lymphedema?

The lymphatic system, responsible for fluid drainage, can be impaired due to:

- Genetic factors (improper development at birth)
- Surgery or radiation (common in cancer treatments, joint replacements, or abdominal procedures)
- Lifestyle changes (reduced mobility can increase pressure in the lymphatic system)

Lymphedema may develop suddenly or gradually over time - even years after surgery or treatment.

## Treatment & Management:

A Certified Lymphedema Therapist (CLT) provides comprehensive care, including:

- Exercise to improve circulation
- Compression therapy to reduce swelling
- Manual lymphatic drainage (massage) to promote fluid movement

At Curative Therapy Services, our lymphedema specialists work closely with patients, physicians, and caregivers to develop personalized treatment plans. Our goal is to empower you with the knowledge and tools needed for effective long-term management.

If you or a loved one are experiencing lymphedema symptoms, contact us today to learn more about treatment options.



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Call us to schedule an  
appointment!  
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