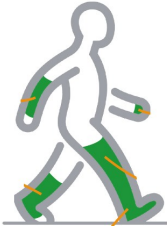


RFGH Rehab & Fitness Lymphedema Services

Redington Fairview General Hospital • 57 Fairview Avenue • Skowhegan, ME 04976 • (207) 474-7000 • www.rfgh.net



Compression Garments

An important part of treating swelling associated with lymphatic, lipedema, or vein issues is a good quality compression garment.

While options are nearly endless, garments are not all created equal. To manage swelling optimally, it is important to find the right fit for both the person and the symptoms. A CLT can help narrow down the best choices for each individual.

IMPORTANT NOTE!

RFGH Rehab & Fitness does not sell or order compression garments.

Many garments can be purchased online without a prescription.

Custom items, or those billed to a health insurance plan, are managed by a 3rd party vendor.

Other Details

A PT consultation and follow up visits for lymphedema are typically covered by health insurance. Coverage will vary based on individual plans.

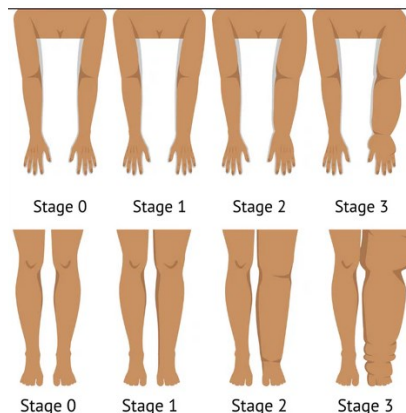
Certified Lymphedema Therapists (CLT) at RFGH Rehab & Fitness are physical therapists (PT) who specialize in the evaluation and treatment of swelling due to lymphatic deficits, circulatory issues, and related conditions.

Lymphedema:

Lymphedema is swelling caused by a build up of lymphatic fluid. Some people are born with a lymphatic impairment, but lymphedema more commonly occurs when the lymph system is damaged or overwhelmed. Common causes include infection, injury, radiation treatment or surgical lymph node removal. Lymphedema is most likely to develop in an arm or leg, but can occur in other parts of the body as well (e.g. face, neck, chest).

Individuals with lipedema and/or chronic venous insufficiency can also develop lymphedema.

Stages of Lymphedema



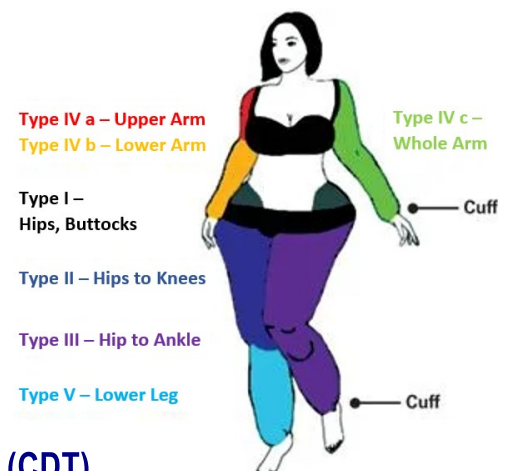
Lipedema:

Lipedema may look like swelling, but it is actually an abnormal build up of adipose (fat) cells. These cells settle into certain areas of the body causing a soft, disproportionate appearance. Lipedema rarely occurs in men, but often runs in families on the mother's side. It is frequently misdiagnosed as lymphedema or obesity.

Areas affected by lipedema tend to be symmetrical while hands and feet are typically not involved.

For more information, please visit:

The Lipedema Project
www.lipedemaproject.org



Complete Decongestive Therapy (CDT)

Treatment is based on individual needs and may also include manual lymphatic drainage, compression bandaging, skin care, exercise, and education.