

Living With Lymphedema

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO

ONE IN ONE THOUSAND AMERICANS ARE AFFECTED BY SECONDARY LYMPHEDEMA. IT'S A CHRONIC DISEASE WHEN THERE'S AN INCREASED COLLECTION OF LYMPHATIC FLUID IN THE BODY – WHICH CAUSES SWELLING. THIS CAN LEAD TO SKIN AND TISSUE CHANGES – ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH.

TAKE VO

SOMETIMES THOSE WITH LYMPHEDEMA CAN INHERIT THE DISEASE. YOU CAN BE BORN WITH THE DISEASE.. DEVELOP IT DURING PUBERTY... BUT SOME PEOPLE DON'T HAVE SYMPTOMS SHOW UP UNTIL AFTER THEY'RE 35 YEARS OLD. THERE'S NO CURE FOR LYMPHEDEMA. LIKE DIABETES – IT'S A DISEASE YOU HAVE TO MANAGE THROUGH TREATMENT. TREVA HANEY – A REHABILITATION SERVICES SUPERVISOR WITH OSF HEALTHCARE – SAYS HER TEAM WORKS THROUGH DIFFERENT TREATMENT PLANS TO MEET PATIENTS' NEEDS.

20 SECOND SOT

“Usually the plan of attack for treating lymphedema is complete congestive therapy. This involves compression bandaging and a special, lymphatic massage.”

VO TAG

HANEY SAYS EXERCISE IS A GREAT WAY TO PROMOTE LYMPH FLUID TO MOVE FROM THE PART OF THE BODY IT'S STUCK IN. YOU SHOULD SEE AN OCCUPATIONAL OR PHYSICAL THERAPIST IF YOU'VE BEEN DIAGNOSED WITH LYMPHEDEMA... OR HAVE SWELLING POST-SURGERY OR AFTER A TRAUMATIC INJURY.

VO/SOT # 2

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ONE IN ONE THOUSAND AMERICANS ARE AFFECTED BY SECONDARY LYMPHEDEMA. IT'S A CHRONIC DISEASE WHEN THERE'S AN INCREASED COLLECTION OF LYMPHATIC FLUID IN THE BODY – WHICH CAUSES SWELLING. THIS CAN LEAD TO SKIN AND TISSUE CHANGES – ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH.

TAKE VO

SOMETIMES THOSE WITH LYMPHEDEMA CAN INHERIT THE DISEASE. THIS APPEARS BY WAY OF A MALFORMATION – WHICH IS REFERRED TO AS PRIMARY LYMPHEDEMA. YOU CAN BE BORN WITH THE DISEASE.. DEVELOP IT DURING PUBERTY... BUT SOME PEOPLE DON'T HAVE SYMPTOMS SHOW UP UNTIL AFTER THEY'RE 35 YEARS OLD. THERE'S NO CURE FOR LYMPHEDEMA. LIKE DIABETES – IT'S A DISEASE YOU HAVE TO MANAGE THROUGH TREATMENT. TREVA HANEY – A REHABILITATION SERVICES SUPERVISOR WITH OSF HEALTHCARE – SAYS EXERCISE IS A GREAT WAY TO TREAT LYMPHEDEMA.

12 SECOND SOT

“Stay active, stay mobile. Don't sit. Sitting is the new smoking. If you can maintain an active, healthy lifestyle, that can decrease your risk for lymphedema.”

VO TAG

HANEY SAYS SOME PATIENTS HER CLINIC WORKS WITH ARE FORMER CANCER PATIENTS. LYMPHEDEMA CAN APPEAR AFTER BREAST CANCER TREATMENT – BECAUSE THE ARMPIT NODES ARE BEING TAKEN OUT ... WHICH CAN LEAD TO A SWELLED UP ARM.