

Specialist Arm Lymphoedema Clinic

*Information and clinical
assessment and treatment for
patients affected by
cancer related arm swelling*

**The Beacon
Specialist Community Cancer &
Palliative Care Service**



Specialist Arm Lymphoedema

What is Lymphoedema?

Lymphoedema presents as a swelling in the tissues below the skin, most commonly occurring in the arm, however it can also affect the breast area, and may be seen in legs.

Lymph is a colourless fluid formed in the tissues of the body and normally drains back into the main blood circulation through a network of vessels and nodes. As it returns to the circulation, the lymph passes through filter stations called lymph nodes. Lymph nodes drain into larger vessels in the body, which then join the main circulation.

What causes Lymphoedema?

Lymph nodes can become blocked or damaged, or may be surgically removed as part of your treatment. Damage to vessels and nodes can be caused by scar tissue, which forms following injury, infection, surgery and/or radiotherapy for the treatment of cancer.

Can Arm Lymphoedema be prevented?

It is possible to minimise the risk of developing Lymphoedema through avoiding injury and infection to the affected arm.

A positive approach to caring for yourself will assist in minimising the risk. However, sometimes no matter how careful you are, Lymphoedema can still occur.

Care of your skin is essential for those at risk of developing, or for those who have developed Lymphoedema.

Specialist Arm Lymphoedema

How we can help you

If you or a healthcare professional suspect that you may be affected, ask for a referral to the Specialist Arm Lymphoedema Clinic. We will contact you and arrange an appointment for you to be assessed. Our specialist nurses can identify early symptoms and offer appropriate intervention, information and support. Early intervention will help to:-

- Reduce limb size.
- Improve the shape of the affected arm.
- Improve movement and functional skills.
- Help prevent further swelling and complications.

Health and Well-being Support Group for people living with arm Lymphoedema

The group meets monthly on a Friday at 13.30. It offers information and support to people living with Arm Lymphoedema in a friendly and relaxing setting. There are opportunities to share your experiences with other people within the group. Sessions normally include the following:

- A Physiotherapist will run through the exercise technique.
- A Dietician will discuss healthy eating and answer any questions relating to cancer and diet.
- The Arm Lymphoedema Nurse Specialist will bring you up-to-date with any new innovations, and show a professional video about lymphoedema.

Direct Line: 01483 783412

Clinic times
Monday—Friday
9.30-15.30
By appointment

The Beacon is your local specialist Service which provides a positive approach to living with cancer and progressive life changing illnesses.

Expert health care professionals provide support and information within the friendly and relaxing atmosphere of The Beacon Centre and at home.

The Beacon can help you and your family to cope at any point during your treatment or illness, from the time of diagnosis onwards.

The Beacon

Community Cancer &
Palliative Care Service
The Beacon Centre
Gill Avenue
Guildford
Surrey GU2 7WW

Phone: 01483 783400
Fax: 01483 783401
Email: the.beacon@shb-tr.nhs.uk
Website:
www.thebeaconservice.org.uk

Trust Headquarters
Broadmede House
Farnham Business Park
Weydon Lane
Farnham GU9 8QT
01252 305707