

Mayo Clinic Medical Edge

Lymphedema

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YOUR LYMPHATIC SYSTEM PLAYS THE ROLE OF THE BODY'S GARBAGE COLLECTOR BY REMOVING FLUID AND SOLID WASTE FROM YOUR TISSUES, PURIFYING IT IN LYMPH NODES AND THEN RETURNING IT TO THE BLOODSTREAM. BUT WHEN THE SYSTEM BREAKS DOWN OR FAILS TO DEVELOP PROPERLY, THE RESULT CAN BE LYMPHEDEMA.
Andrea Cheville, M.D.	"WHICH IS THE CHRONIC SWELLING OF A BODY PART,"
	DR. ANDREA CHEVILLE, A LYMPHEDEMA SPECIALIST AT MAYO CLINIC SAYS THE SWELLING IS

	<p>TYPICALLY SEEN IN THE ARMS AND LEGS, BUT CAN AFFECT ANY BODY PART. WHILE SOME PEOPLE ARE BORN WITH AN IMPAIRED LYMPHATIC SYSTEM, DR. CHEVILLE SAYS MOST LYMPHEDEMA IS THE RESULT OF DAMAGE TO THE SYSTEM, SUCH AS WHEN LYMPH NODES NEED TO BE REMOVED AS PART OF CANCER TREATMENT.</p>
	<p>THERE IS NO CURE FOR LYMPHEDEMA. BUT TREATMENT—SUCH AS EXERCISE, COMPRESSION AND MASSAGE CAN EFFECTIVELY PREVENT OR REDUCE THE SWELLING.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>