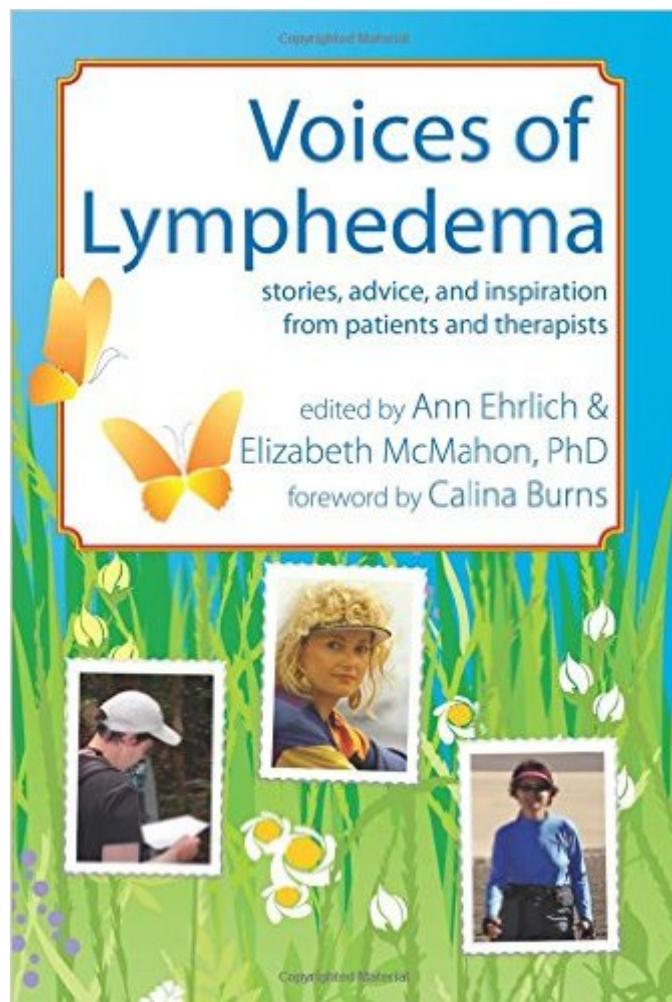


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# Voices Of Lymphedema: Stories, Advice, And Inspiration From Patients And Therapists



## **Synopsis**

Chronic swelling due to lymphatic fluid, or lymphedema, affects 3-5 million Americans including 20-40% of cancer survivors. Lymphedema is so little known-even among doctors-that it has been called the 'silent epidemic' but there is effective treatment that can break the cycle of recurring infections and even reverse lymphedema related disability! Patients, therapists, and doctors share: . Inspiring personal stories. . Advice on getting a diagnosis and finding treatment. . Solutions to common problems and practical tips on self-care. . Activities they enjoy and travel tips. . Support groups and outreach to the medical community. . Issues in treatment coverage and reimbursement. About the Editors: Ann Ehrlich and Elizabeth McMahon are coauthors of *Living Well With Lymphedema* (Lymph Notes 2005). Ann is a professional medical writer and breast cancer survivor with secondary lymphedema. Elizabeth is a clinical psychologist and author of *Overcoming the Emotional Challenges of Lymphedema* (Lymph Notes 2005).

## **Book Information**

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## **Customer Reviews**

This book is a must have for anyone with Lymphedema. It is a book you keep picking up over and over again. The stories are so close to home, showing us we are not alone in this world of LE. It also has symptoms of infections that really helped me. Families of LE patients need to read this book, it provides a better understanding of what LE sufferers go through. This book is full of stories, ideas and suggestions.

As a certified lymphatic therapist, I thought this book gave a detailed explanation of lymphedema, best practice, and how to live a healthy life while managing lymphedema. The format is notes, letters, and even poetry written by patients sharing their personal story, as well as therapists, and doctors. Very informative, excellent tips, easy reading. This is not a textbook. Lots of good websites, as well as information on insurance and appealing a denial. It has a lot of typos, which should have been edited before publication. However, I definitely learned a lot of great tips from this book- I have more than 10 pages folded, as I know I will return to this book as a reference! I recommend this book to all my patients, and to anyone diagnosed with lymphedema looking for accurate information and to be able to feel a connection with others who have been through the same thing and are successfully living and managing their lymphedema.

I had to review this book because so many other reviews have helped me in the past. I always read all the reviews of whatever I am thinking of ordering from .VOICES OF LYMPHEDEMA is the book I needed. There seems to be so much bad information out there even from our doctors..... This was a breath of fresh air even if it is about a serious condition.I needed to hear from those with Lymphedema. This book was truly helpful and easy to read. It gets to the point from people who have been where I find myself now after a Bi-lateral mastectomy.Thank you to the authors and all who contributed and all who contributed their reviews before me. Also, thank you for this opportunity.

"Voices of Lymphedema" is a wonderful resource for lymphedema patients and their caregivers. Full of information and narratives from patients and therapists, the book is a joy to read. As a lymphedema patient myself, I recommend this book highly. Jan

This book has a lot of good information presented in a very readable format. I think some of it is a bit dated. I would like to see a follow up to learn about new studies and if LE has gained any more traction as an issue to be taught, studied and advocated for with insurance and care.

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