

## COMPREHENSIVE LYMPHEDEMA PROGRAM

Lymphedema is an abnormal increase of protein-rich fluid that causes swelling in the arms and legs. If left untreated it can interfere with wound healing and increase the risk of infection. Through effective management, patients can reduce pain and swelling, promote wound healing, prevent skin infections and improve functioning of the affected limb and quality of life.

We offer a personalized, comprehensive treatment program to help patients who have or are at risk for lymphedema caused by radiation and/or cancer surgeries, trauma, infections, filariasis, tumors, obesity, venous insufficiency and congenital/hereditary disorders. Therapists teach patients how to reduce swelling, prevent infection and improve function and home management.

### KEY TREATMENT COMPONENTS:

- Manual lymph drainage
- Compression bandaging
- Skin care
- Exercise
- Compression garment fitting
- Patient education



Physical Therapist  
Lymphedema Program

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## Referral Information

We accept referrals from physicians, case managers, patients and their families. For questions or to schedule an appointment, please call 415-750-5900 or fax your referral to 415-750-4930.

## Insurance

We accept most insurance plans including: PPOs, Medicare, workers compensation and some HMOs for specialized services. When you call for your appointment, our insurance specialists can help you determine your coverage and arrange for authorization of services.



**St. Mary's Medical Center**

A member of CHW

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