



Lymphedema Association of Nova Scotia

www.LymphedemaNovaScotia.com

You are not alone!



President's Message

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Hi Everyone,

The Lymphedema Association of Nova Scotia would love to have more members. A Personal Membership only costs \$35 a year and includes Pathways Magazine for a year, an opportunity to be part of the board, a vote at the AGM, notification of events and support, education and networking. There are also Professional and Corporate Memberships available. If you would like more information, please check out our website at www.LymphedemaNovaScotia.com or email us at lymphedemaNovaScotia@yahoo.com or, if you would rather talk to a person, call Karen at 902-401-3683.

Lymphedema Support Group Meetings are being held about 4-6 times per year. Please check our website, in the events section, to get the latest news on any meetings or events that we will be having.
www.LymphedemaNovaScotia.com

Please contact me If you have any questions regarding the Lymphedema Association of Nova Scotia or if you just need to talk.

Best wishes,

Karen Bingham



Please like our Facebook Page and join our Facebook Group—Lymphedema Association of Nova Scotia

Lymphedema Hints and Tips

Clothing and Fashion

- Wearing compression garments requires some creative ways to look fashionable. For special occasions, when you don't want the appearance of heavy stockings, simply **wear a thin pair of sheer, shiny pantyhose over your skin colour compression stockings**. No one will know what lies underneath and you can feel glamorous for the evening.
- It is a good idea to **keep a pair of rubber gloves in your purse or briefcase** to help when your compression stocking or sleeve needs adjusting. To be discreet, why not store them in a pretty Chinese silk pouch which you can pick up at the Dollar store. Fashionable and practical!
- People living with lymphedema know that fitting shoes can be a problem when one foot is swollen and larger than the other. It is expensive to purchase dual pairs of shoes in different sizes. A tip is to choose the shoe size that will accommodate the larger foot. **Then insoles can be used to down-size the shoe for the "normal" foot**. You can keep a pair of insoles in your bag so that you have the option of either inserting or removing them when foot size fluctuates during the day or when travelling.
- Finally, the designers of medical compression garments understand that even people with moderate to severe lymphedema who require the use of flat knit compression garments like to look fashionable. No more ugly, medical-looking, boring beige or sand colours. **Check out the advertisers in the Pathways magazine for refreshing choices** of colour, texture and patterns in flat knit stockings.
- Finding clothing that fits a larger or swollen arm can be a challenge. Some style options that can help you in your search include: **Dolman sleeves, kimono sleeve, bell/butterfly sleeves**. Source: LymphDivas.com
- **Diabetes socks are non-binding and non-elasticated socks which are designed so as not to constrict the foot or leg**. Usually they are also seamless so there are no pressure points on the foot and to prevent chaffing or blisters. They typically are made of fabric that has been treated to reduce moisture and bacterial growth. They can be found in the hose section of most pharmacies and are a great benefit to people with leg lymphedema.
- **Sport compression socks** can be an alternative to regular compression for some patients. They are light and comfortable to wear; especially during the heat of the summer and while exercising.
- Always **wear slippers or sandals** at home when living with leg lymphedema. Walking around the house with bare feet may increase the risk of injury and a serious infection called cellulitis.
- Summer gardening brings pleasure to many people. Lymphedema patients and those at risk should remember to **wear rubber or protective gardening gloves and long sleeved tops or long pants** to minimize the risk of scratches from nasty branches or rose thorns, which can lead to serious infection called cellulitis.
- Some people find that wearing compression garments under long pants or skirts can cause excessive clinging (where the knit of the compression causes the fabric of your clothes to catch on your garments.) A simple solution to this is to wear thin stockings over top of your compression garments and under your pants or skirt. Not only will this stop the sticking, but it will help disguise the look of your compression stockings.
Most flat knit compression garments can be washed in the washing machine – daily and ideally in a laundry net. Make sure you use the machine's delicate cycle at 40C degrees and do not use fabric softeners. Flat knit compression garments can also be dried in the dryer using the delicate cycle. Always be sure to read the manufacturers guidelines for your specific compression garment care.

This newsletter is published quarterly by the Lymphedema Association Of Nova Scotia as an insert to the National Magazine, **PATHWAYS**.

Submissions: We welcome your suggestions and contributions to the newsletter but we are limited in space, so please understand that we can not publish everything that gets submitted.

Advertising: If you are a Nova Scotia Advertiser, and would like to advertise in the newsletter, please contact us to discuss our rates at LymphedemaNovaScotia@yahoo.com . If you are interested in advertising nationally in the Pathways Magazine, please contact Anna Kennedy at pathways@canadalymph.ca or phone 1-647-693-1083.



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Therapists, please contact us if you would like to be added to this list or if your information is incorrect. Thanks!