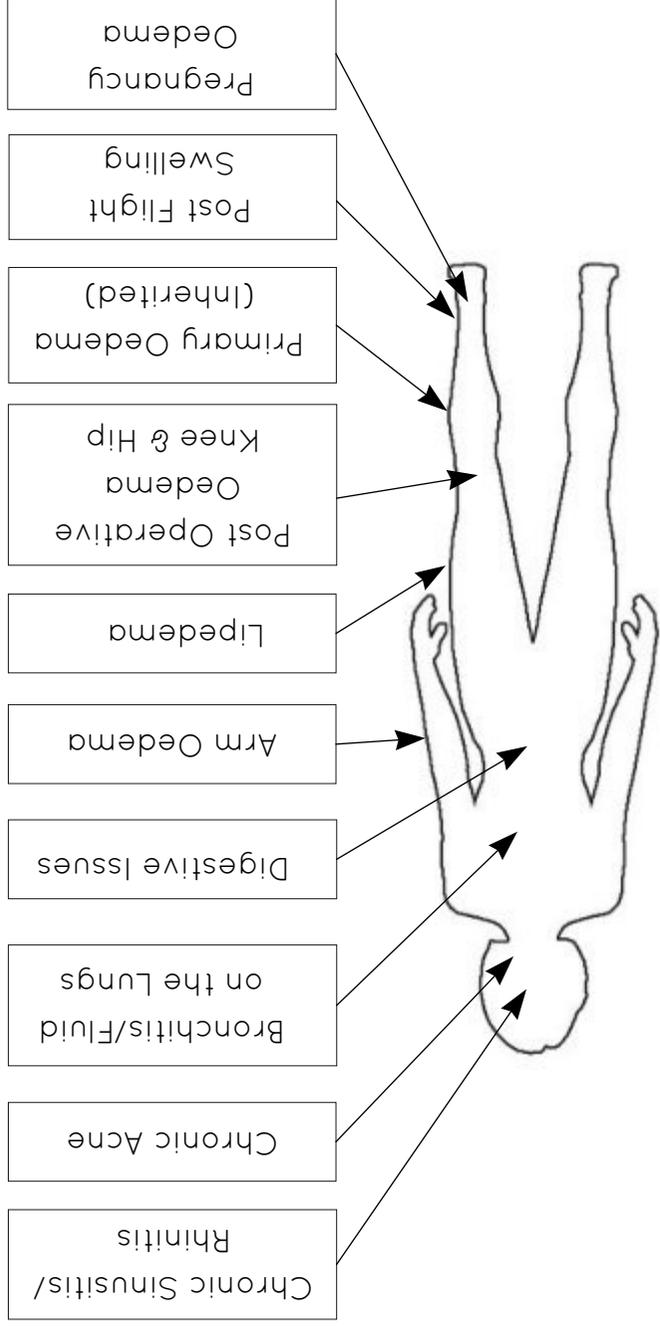


# The Signs of OEDEMA



## Chronic Sinusitis / Rhinitis

Inflammation of the nasal & sinus passages causing discomfort and headaches is generally a lymphatic system problem which can often be completely removed with just a few manual lymph drainage sessions. Self-MLD can then keep it at bay.

## Chronic Acne

Severe acne can have a number of causes but its becoming recognised that its often the lymphatic system that is compromised and while medications & skin management can assist the symptoms, MLD can work on the cause.

## Bronchitis/Fluid on the Lungs

Fluid on the lungs is a debilitating condition resulting in breathing difficulties and poor oxygenation of the blood. While these conditions are at present incurable, CDT can have a very positive effect on both management and the body's ability to cope.

## Digestive Issues

Conditions such as colitis, diverticulitis, IBS, constipation and Crohn's disease are all inflammatory diseases of the gut which can be calmed and assisted with CDT including diet and MLD.

## Arm Oedema

Lymphoedema of the arm is most commonly caused by lymph node removal as a result of cancer surgery. Experts estimate that from 5%-40% of sufferers will experience some level of lymphoedema after surgery. Its most important to tackle this condition early as it can significantly reduce the risk of chronic oedema occurring.

## Lipedema

Lipedema is a hereditary disorder of fatty tissue distribution over the thighs and legs. It will always affect both limbs which will continue to grow without treatment. Note that dieting is not a solution for this condition which needs diagnosis and CDT treatment as early as possible.

## Post-Operative & Acute Oedemas

All traumas to the body are likely to affect the lymphatic system. Taping and MLD can significantly speed up the healing process of acute oedema, provide scar tissue management and lymph drainage redirection where lymph vessels are severed.

## Primary Oedemas

Inherited oedema diseases currently have no cures so particular attention must be given to children of oedema parents. Catching the condition as early as possible ensures the best chances of life management through CDT.

## Post Flight Swelling

Post flight swelling is a common occurrence and is caused by the difference in air pressure. Note that flight oedema will usually affect both feet and legs where as DVTs are likely to cause a painful swelling in one leg only. If you're susceptible to flight oedema its important to obtain the correct sized compression socks for travelling and to attend MLD sessions on your return.

## Pregnancy Oedema

Pregnancy oedema is most likely to occur in the feet and legs due to the changes in body chemistry and is normal as the weight of the uterus can block veins and groin lymph nodes. Gentle massage and MLD can help both relax mums to be and relieve oedema ensuring that it is kept in check.

## CDT - Combined Decongestive Therapy

# What is OEDEMA

Oedema is the term used to describe the build-up of fluids in any part of the body and can be an acute (short term) or chronic (long term) condition. Lymphoedema is the term used for chronic oedema which can be primary (inherited) or secondary, resulting from lymph node removal, general surgery or some other trauma to the body. The bodies lymphatic system is not only responsible for your immunity but also for waste removal.

In all cases oedema is debilitating and is often not well catered for medically, leaving sufferers feeling frustrated and depressed. Here at [The Boat-house](#) we look to change that by providing tailored treatments to reduce your oedema and improve your quality of life.

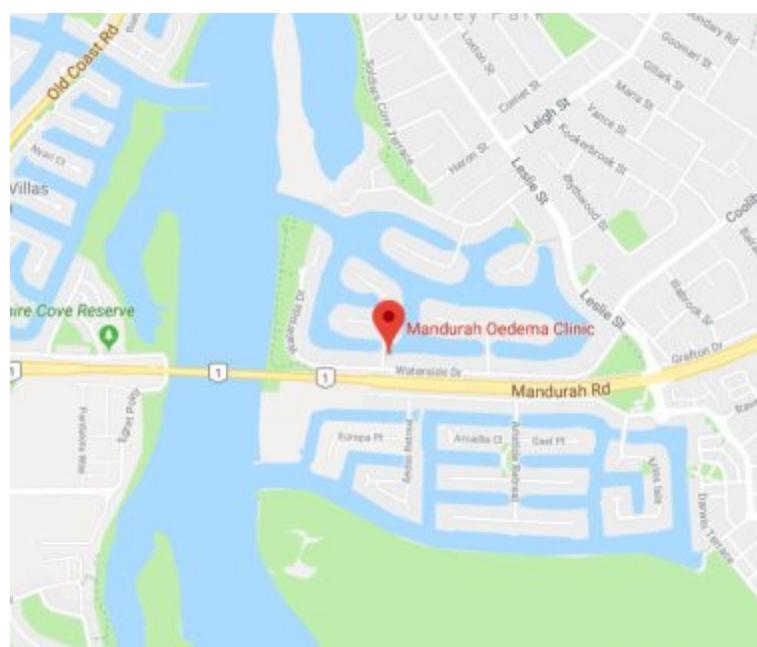
We use Combined Decongestive Therapy (CDT) which includes skin management, manual lymph drainage (MLD), taping & compression techniques, exercise routines and client education and support.

The majority of the lymphatic system is just under the surface of the skin so MLD is a very gentle and relaxing movement technique that is applied to the skin.

Oedema conditions can often be significantly reduced using CDT methods with relatively short intensive treatment programs. Client education and self-home treatments can then keep the condition manageable, giving you a sense of control and improved quality of life.

## \*Funding Your Treatment

Most Oedema conditions qualify for a Chronic Management Plan (CMP) from your GP, if you have one you may be entitled to treatment through Government funding. As everyone's situation is different, please talk to us & we will help you explore your options.



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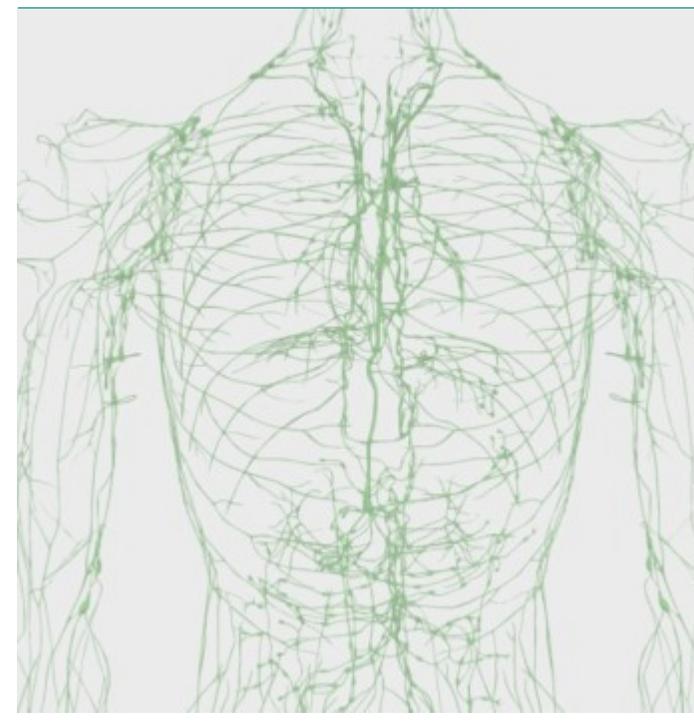


Find this leaflet & much more on our website!



# OEDEMA

Reduce Swelling ~ Improve Life



We offer a range of treatments that reduce Oedema to make your life more comfortable.

Health funding may be available\*

Call us today on 0478 278 888