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# Managing Lymphedema in the Summer

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# Disclaimer

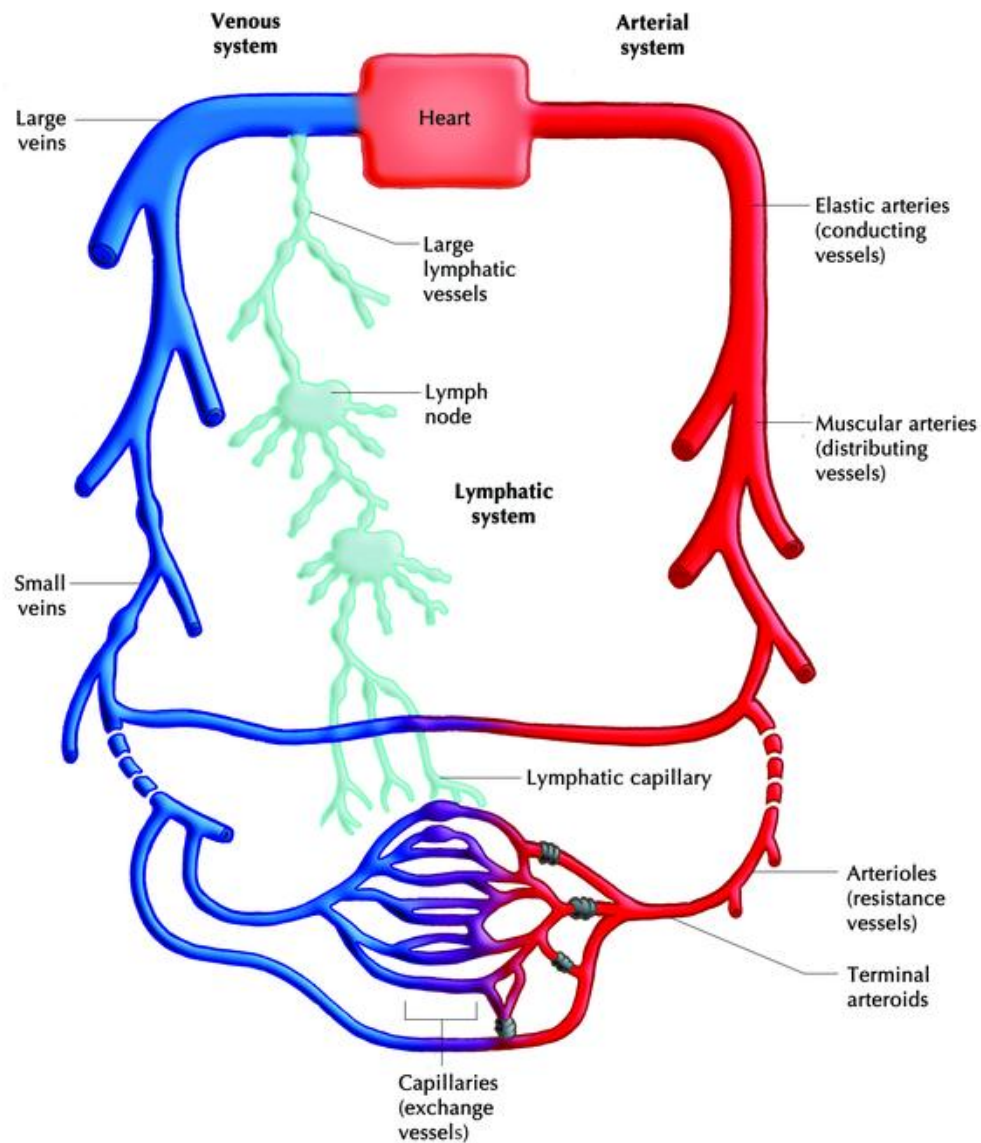
- Everyone's situation is different (different cancers/surgery/treatments)
- Everyone's past medical history is different
- This not meant as individual medical advice you should always consult with a physiotherapist to address your individual needs

# Agenda

- To understand the:
  - How the heat affects the body
  - How it increases lymphatic demands
  - Risk reductions practices
  - Tips for hot summer day

# How heat affects the body

- Overall body temperature increases
- Increased blood flow to the extremities results in increased lymphatic fluid accumulation
- Overall, need for the lymphatics to work harder



# Risk Reduction practices

- Try and do what you can to prevent infections:
- 1) Use bug spray when outdoors in areas with a lot of mosquitos
- 2) try and avoid the period around dusk when mosquitos are most active or wear protective clothing overw lymphedema limb
- 3) mosquitos can bite through compression garments so don't assume you are covered
- 4)keep standing water at a minimum around your home
- 5) clean and use antibiotic creams on bites and cuts to prevent infection

## Other tips:

- Put nighttime garments in the fridge for 10 minutes before putting them on as this can feel cooling
- When outside use a spray bottle of water to mist yourself off to cool you down
- Use chilly towels/frog tog towels when walking or outdoors
- Wash compression garments daily as during the summer we sweat more and bacteria will grow
- Continue moisturizing dry skin and let it dry before putting on compression garments
- Use sunscreen when outside and stay out of the sun as much as possible



## Other tips:

- Don't walk outside barefeet
- Use gardening gloves
- Use electric razors to shave
- Avoid hot waxing and chemical hair removal products
- Avoid cutting the cuticles around nails for manicures and pedicures
- Protect yourself from pet bites and scratches

# Summer eating habits

- Drink adequate water
- Eat adequate protein
- Avoid salty foods and processed foods
- Eat a lower fat diet (low saturated and transfats)
- Anti-inflammatory diet
- Try and maintain an ideal body weight

# Types of Exercise to choose

- Cardiovascular exercises- do it early in the day or end of day
- Stretching exercises- do this inside
- Strengthening exercises-do this inside
- Drink water prior to exercising
- Drink water during and after exercise
- If you are thirsty you are moving towards dehydration so try to drink before you become thirsty!

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**JEAN LAMANTIA, RD**

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With foreword by EWA SZUMACHER, MD, FRCP(C), MEd



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