

What is Lymphedema?

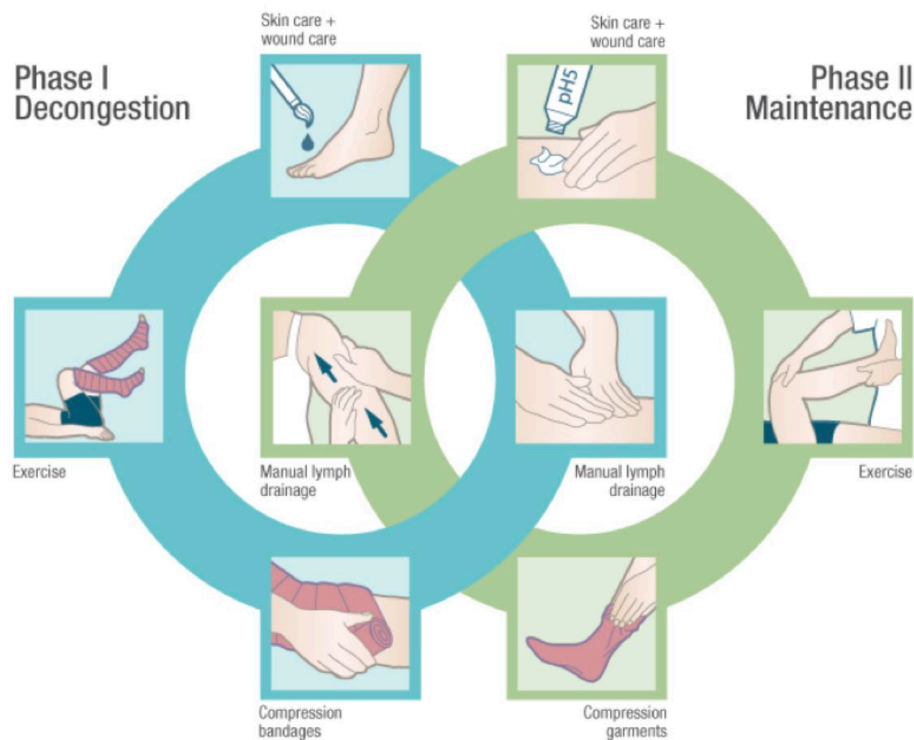
-Lymphedema is essentially just **swelling** of the tissue.

→ When the lymphatic system isn't working properly, most likely due to damaged lymph nodes, excess fluid builds up in the tissues.

How does this happen?

-The lymphatic system moves fluid, or lymph, throughout your body that picks up waste and removes bacteria. The **lymph nodes** are responsible for filtering out this waste.

-When there is a problem within the lymphatic system, the lymph circulation is backed up and the fluid builds up in the tissue, causing tissue to swell.



-Those who have had lymph nodes removed surgically, or are older or overweight, are more likely to have lymphedema.

-Treatment involves controlling the swelling through compression garments and staying healthy and active.

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Source: <https://www.webmd.com/breast-cancer/ss/slideshow-lymphedema>