

Information for patients attending the Lymphoedema Awareness Class

What is lymphoedema?

Lymphoedema is swelling in the tissues beneath the skin. It results from impairment or blockage of the flow of lymph fluid (fluid which bathes the tissues) through the lymphatic vessels or lymph nodes, which may occur as a result of your treatment for breast cancer.

About the class

The class is aimed at enhancing your understanding of lymphoedema and highlighting some of the risk factors. It is usually a group session but may be an individual session under certain circumstances, e.g. if you have impaired hearing or vision.

During the session we will discuss;

- The lymphatic system
- Causes of lymphoedema following treatments for breast cancer
- Early swelling during radiotherapy
- How to recognise lymphoedema
- Infections in the arm
- Signs and symptoms
- Self help

During the session, a trained lymphoedema practitioner will explain all of the above, giving you time to ask questions. We will offer you written information about the things discussed in the class and contact numbers for further support and information.

**If you already
have a
Lymphoedema
diagnosis you
do not need to
attend the class.**

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