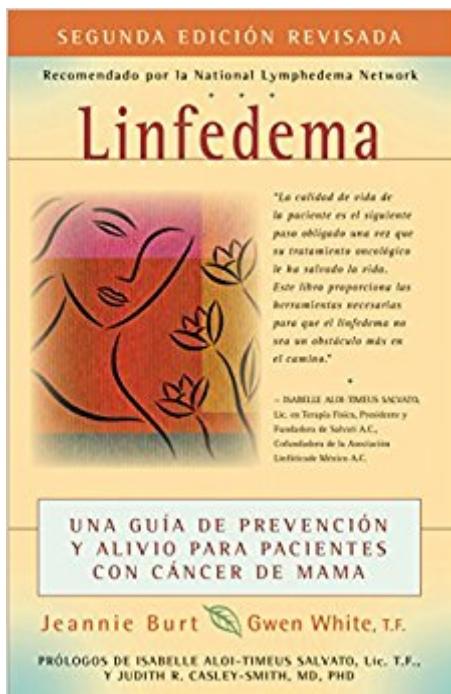


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# **Linfedema (Lymphedema): Una GuÃ-a De PrevenciÃ³n Y SanaciÃ³n Para Pacientes Con CÃ¡ncer De Mama (A Breast Cancer Patient's Guide To Prevention And Healing) (Spanish Edition)**



## **Synopsis**

This vital information for any woman who has had breast cancer surgery is now available in a Spanish edition! If you have been treated for breast cancer, you need to be aware of your risk for lymphedema. About 25 percent of breast cancer surgery patients experience lymphedema; a disfiguring, painful swelling, most frequently of the arm. Lymphedema can occur with anyone whose lymphatic system is compromised so that it can be overloaded to the point that swelling begins. Many doctors suggest that little can be done for the condition; if they mention it at all. But help is available in this book. Complete with more than 50 illustrations, Linfedema also tells the encouraging stories of women who have dealt with lymphedema successfully using the methods described in the book. Linfedema describes the many options women have for preventing and treating lymphedema. It emphasizes active self-help and provides extensive information on: preventing lymphedema reducing lymphedema through professional therapy reducing lymphedema through exercise and self-massage selecting and using wraps and compression garments eating right to manage lymphedema finding emotional support locating resources for additional help

## **Book Information**

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## **Customer Reviews**

Jeannie Burt, a former lymphedema sufferer, has led an exercise program for women with the condition. A human resources consultant, she is the author of several previously published works of nonfiction. She lives in Portland, Oregon. Gwen White has been a practicing physical therapist for 30 years, and specializes in the treatment of women with lymphedema. She lives in Portland,

Oregon. Dominique Reynolds Diaz is a practicing physical therapist who is bilingual in Spanish and English. She works with the well-known oncologist Dr. Francisco García Rodríguez at the Spanish Hospital in Mexico City, rehabilitating mastectomized patients, and also volunteers to help prevent lymphedema in low-income patients.

Excelent

Es una buena guía para lograr un conocimiento básico de lo que es el linfedema y especialmente para saber cómo cuidarse.

Jeannie Burt, a former lymphedema sufferer, has co-authored a book with Gwen White, a physical therapist for Lymphedema sufferers. About 25% of breast cancer surgery patients experience lymphedema, and yet most people are not aware of this disfiguring, painful swelling (usually in the arm). Most doctors feel that little can be done, but the authors show that help IS available. 50 illustrations are included, along with stories of those who have been helped with the information from this book. Some chapters include the signs and symptoms of the disease, diagnosis of it, an explanation of the lymphatic system, and the treatment available. Emotions are discussed, as are obesity, lymphoma in men, causes and types of lymphedema and radiotherapy. This disease is severely neglected in Mexico and Latin America, so this Spanish version will be a welcome gift to anyone suffering and not knowing what to do. Have your bookstore order this, as it is a necessary book for helping cancer patients in their recovery. Finding emotional support is a challenge; this book will be a way to help your loved ones find that support.

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