

# Lymphedema Stages for Patients with cancer & Survivors

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## Secondary Lymphedema

Caused by: Surgery, Radiation, Injury

### LATENCY STAGE

Lymphatic transport capacity is reduced - No visible/palpable edema

### STAGE I

(Reversible Lymphedema)

Accumulation of protein rich edema fluid Pitting edema Reduces with elevation (no fibrosis)

### STAGE II

(Spontaneously Irreversible Lymphedema)

Accumulation of protein rich edema fluid pitting becomes progressively more difficult connective tissue proliferation (fibrosis)

### STAGE III

(Lymphostatic Elephantiasis)

Accumulation of protein rich edema fluid Non pitting Fibrosis and sclerosis (severe induration) Skin changes (papilloma's, hyperkeratosis, etc.)

Complete Decongestive Therapy (CDT) is a noninvasive treatment that is a considered the standard of care for lymphedema.

This method has also been referred to as complete decongestive physiotherapy (CDP), complex lymphedema therapy (CLT) and complex decongestive therapy (CDT).

The treatment aim is to reduce and control the amount of swelling in the affected limb and restore function. The objective of the technique is to redirect and enhance the flow of lymph through intact cutaneous lymphatics.

