



# **Linfedema (Lymphedema): Una Guía de Prevención y Sanación Para Pacientes Con Cáncer De Mama (A Breast Cancer Patient's Guide to Prevention and Healing) (Spanish Edition)**

*Jeannie Burt, Gwen White*

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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

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**From reader reviews:**

**Bob Pratt:**

People live in this new morning of lifestyle always make an effort to and must have the time or they will get lot of stress from both daily life and work. So , when we ask do people have time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, the book you have read is usually Linfedema (Lymphedema): Una Guía de Prevención y Sanación Para Pacientes Con Cáncer De Mama (A Breast Cancer Patient's Guide to Prevention and Healing) (Spanish Edition).

**Christopher McCrady:**

This Linfedema (Lymphedema): Una Guía de Prevención y Sanación Para Pacientes Con Cáncer De Mama (A Breast Cancer Patient's Guide to Prevention and Healing) (Spanish Edition) is great reserve for you because the content that is certainly full of information for you who else always deal with world and also have to make decision every minute. That book reveal it information accurately using great arrange word or we can declare no rambling sentences inside it. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but hard core information with splendid delivering sentences. Having Linfedema (Lymphedema): Una Guía de Prevención y Sanación Para Pacientes Con Cáncer De Mama (A Breast Cancer Patient's Guide to Prevention and Healing) (Spanish Edition) in your hand like finding the world in your arm, data in it is not ridiculous a single. We can say that no book that offer you world throughout ten or fifteen minute right but this book already do that. So , this really is good reading book. Heya Mr. and Mrs. occupied do you still doubt in which?

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