

LYMPHEDEMA: AN UPDATE ON DIAGNOSIS AND MANAGEMENT

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Lymphedema is a complex chronic debilitating condition resulting from inadequate lymph flow leading to significant physical and psychological morbidity. It is a chronic condition that occurs due to insufficient lymph flow leading to limbs or genitals swelling. Non-invasive diagnostic tools are helpful in confirming the diagnosis. Treatment with decongestive lymphatic therapy provides improvement in patient symptoms and volume reduction. Lymphedema is a chronic condition that occurs due to insufficient lymph flow leading to limbs or genitals swelling. The bedside diagnosis of lymphedema requires high level of suspicion and identification of specific findings on physical examination. It is important to properly diagnose LE to understand the extent and severity of extra fluid to tailor treatment accordingly. There are several diagnostic tools available and each has a specific method of implementation. LE is classified in general into primary or secondary. The treatment of lymphedema varies from complete decongestive therapy, surgery pneumatic compression to complementary and alternative medicine. Recent studies of lymphedema diagnosis and therapy are promising.

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