

BEHIND THE DIAGNOSIS



1

IT'S NOT JUST SWELLING – IT'S A FULL-BODY BURDEN.

Lymphedema disrupts daily life. It impacts mobility, energy, mental health, and identity.

2

COMPRESSION IS TREATMENT, NOT A LUXURY.

For many, compression is our main form of care. Yet it's expensive and often denied by insurance. This delays treatment and worsens outcomes.

3

LISTENING IS CARE.

We don't expect every provider to be an expert. But dismissing symptoms or downplaying the condition causes deep harm. Hear us.

4

NO TWO CASES ARE THE SAME.

Lymphedema looks different on every body. Don't assume our experience or needs based on what you've seen before.

5

MENTAL HEALTH MUST BE PART OF THE PLAN.

This disease can lead to anxiety, isolation, and trauma. A referral to a mental health provider should be standard.

6

WEIGHT STIGMA SHUTS US DOWN.

Not all swelling is caused by weight. Don't assume. Don't shame. It makes patients avoid care.

7

EARLY DIAGNOSIS COULD PREVENT YEARS OF DAMAGE.

Diagnosing earlier could prevent years of damage.

8

INSURANCE GAPS ARE CARE GAPS.

When insurance doesn't cover garments, therapy, or surgery, we're forced to choose between health and survival.



WE'RE MORE THAN A LIMB.

TREAT THE WHOLE PERSON. ASK ABOUT OUR LIFE. OUR GOALS. OUR BARRIERS. SEE US BEYOND THE DIAGNOSIS.