HOW TO REALLY SUPPORT SOMEONE LIVING WITH LYMPHEDEMA

This disease is scary. Please show up.

Lymphedema is life-altering and isolating. Don't try to fix it — just be present. Your encouragement matters.

Independence is still important.

Offer help with daily tasks, but don't assume we can't do things for ourselves. Ask first, support second.

Don't blame the person.

Lymphedema is not caused by laziness or poor lifestyle. It's a chronic condition. Blame has no place here.

Body image is a quiet battle.

We're often self-conscious about how we look and move. Please be mindful, gentle, and encouraging.

This condition can be financially draining.

Compression supplies, treatment, and time off work add up fast. Understand when we can't say yes to extras.

Declining plans isn't personal.

We're not flaking. Managing lymphedema may mean we need rest or routine instead of going out..

Expect both good days and bad ones.

Some days we're okay. Other days, the physical and mental weight is overwhelming. Stick with us through both.

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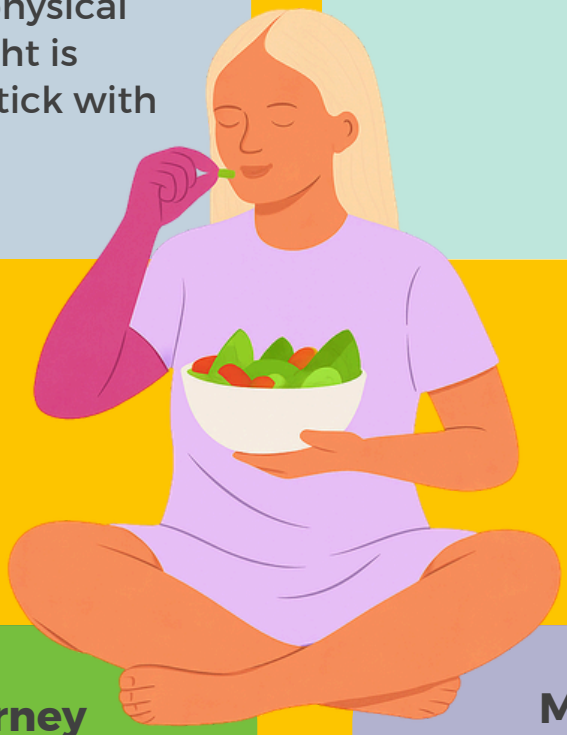

Everyone's journey is different.

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Motivation doesn't always come easy.

Compression, exercise, hydration, and diet are exhausting to manage. Cheer us on without pressuring us.

Ninjas Fighting Lymphedema

Resources. Real talk. Resilience.

WINOURFIGHT.ORG

Created by those who live it, for those who want to love us better.