

# EMPOWERING HABITS

Real strategies you can build into your daily life.

## LEARN TO MANAGE YOUR CARE.

With the help of a certified lymphedema therapist (CLT), you can learn to do manual lymph drainage (MLD), use a compression pump, apply wraps, and master your self-care plan.

## PRACTICE PUTTING ON GARMENTS.

Donning and doffing compression wear takes practice. Stick with it—you'll get better with time and support.

## PROTECT YOUR SKIN.

Infection prevention starts with skin care: use low-pH products, treat cuts quickly, and avoid injections or pressure checks on the affected limb.

## BE YOUR OWN EDUCATOR.

Learn everything you can about your condition. Then teach others—including your providers. Empowerment is contagious.

## KEEP MOVING.

Activity moves lymph. You don't need a gym—just stay consistent and avoid sitting or standing too long.

## DRINK MORE WATER.

Hydration matters. Avoid excess sugar and salt, eat real food, and drink enough water daily.

## TWEAK YOUR PLAN AS NEEDED.

Your body changes, and so should your treatment. Review your approach with your CLT as often as needed.

## CARE FOR YOUR MIND, TOO.

Your mindset is part of your health. Get emotional support through therapy, community, or peer groups.

## YOU DESERVE CARE THAT LISTENS.

If your current therapist isn't helping or hearing you, you have every right to find one that will.



**Ninjas Fighting Lymphedema**

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