



## Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing (Hardback)

By Jeannie Burt, Gwen White

Hunter House Publishers, United States, 2005. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Women who undergo surgery for breast cancer may end up with lymphedema, a painful, visible swelling, usually of the arm. Coming to their aid, LYMPHEDEMA lays out the many options for preventing and treating the condition. The book provides information on reducing lymphedema through professional therapy as well as exercise and self-massage, plus helpful illustrations and additional resources. It also tells encouraging stories of women who have dealt with lymphedema successfully. With updates throughout on the latest research, products, and techniques, this new edition features expanded nutrition and exercise sections and covers naturopathy, acupuncture, and Chinese herbal medicine, as well as potential future therapies being tested.

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