

Lymph Massage for Everyone... The Full Body Flush

The lymphatic system plays an extremely important role in healthy immune systems, carrying fluids to the lymph nodes to be filtered of toxins and germs, *so even women without lymphedema can benefit from lymph massage.*

The Full Body Flush is a therapy session which attends to the whole body. You may consider lymph massage like a body "tune up."

Lymph massage uses very light, rhythmic strokes to stimulate the body's fluid circulation and aids in ridding the body of toxins.

Some patients turn to lymph massage when they have these types of symptoms:

- :: Lack of energy
- :: Chronic sinus congestion
- :: Frequent Headaches
- :: Chronic Fatigue Syndrome
- :: Fibromyalgia
- :: Chronic Pain
- :: Insomnia
- :: Stress
- :: Inability to focus or concentrate
- :: Major life change (job, marriage, birth, death, move, etc.)
- :: Change of season
- :: Post-holiday cleanse
- :: Detoxification

About your Therapist

HELEN LUTZ, R.N., L.M.T

Helen Lutz is a graduate of the Finger Lakes School of Massage in Ithaca, New York. She is licensed in the State of New York as a Licensed Massage Therapist and also as a Registered Nurse. She is nationally certified by the National Certification Board for Therapeutic Massage and Bodywork. She is a member of the Genesee Valley Nurse Association, Associated Bodywork and Massage Professionals, Healing Touch International, and the National Association for Holistic Aromatherapy.

Helen is also lymphedema certified (LLCC) and utilizes Lymphatic Drainage Therapy (LDT) and Complex Decongestive Physiotherapy (CDP). LDT is a hands-on technique that activates and cleanses the human fluid system. CDP is a treatment regimen of compression bandaging for the treatment of lymphedema.

Helen has extensive OB/Gyn experience, and worked as a labor and delivery nurse and childbirth instructor for many years. She has dedicated her career to compassionate care since becoming a Registered Nurse in 1974. Her commitment to providing heart-centered, confidential care in a holistic environment continues at Women Gynecology & Childbirth Associates.

For an appointment, call
(585) 271-0340

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Childbirth Associates, P.C.*

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Lymphedema Therapy and Lymph Massage

FOR A BALANCED AND FLOWING
SENSE OF WELL-BEING

OFFERED BY WOMEN GYNECOLOGY
& CHILDBIRTH ASSOCIATES, P.C.

What is Lymphedema?

Our lymphatic system is similar to the circulatory system. It keeps the fluid in our bodies balanced and flowing. The flow of lymph has been compared to the flow of “silent waves.” It plays an extremely important role in our immune system, carrying fluids to the lymph nodes to be filtered of toxins and germs.

Lymphedema is an accumulation of fluid in a limb. This swelling (edema) occurs because the lymphatic pathways are not functioning properly.

There are two types of lymphedema. Primary lymphedema is a congenital condition which often doesn't develop until around the age of puberty. Secondary (acquired) lymphedema happens when the lymphatic pathways have become injured or blocked or the lymph nodes have been removed.

Lymphedema may occur after mastectomy or breast cancer radiation treatment. It may develop soon after surgery or it could develop years later following a trauma, repetitive stress, infection or even a simple airplane trip.

We can help you learn to manage lymphedema yourself, and we offer specialized lymph massage therapy to additionally increase your comfort as well. All lymphedema and lymph massage services at Women Gynecology & Childbirth Associates, P.C. are performed by licensed professionals.

Living More Comfortably with Lymphedema

The lymphedema patient must learn the different ways to manage this condition, and coping with it must become a way of life.

Complex Decongestive Physiotherapy (CDP) is considered the “gold standard” for treatment of lymphedema. It may reduce the size of an enlarged limb and provide the patient with the self-confidence needed to lead an active life. Treatment includes patient education in all four phases of therapy:

- :: *Skin care* to prevent infection.
- :: *Lymphatic massage* to help fluid find new pathways to reduce swelling.
- :: *Compression bandaging* to decrease the volume of fluid and ease the pressure of the edema. After the initial phase of treatment the limb stabilizes and its size is reduced. A compression garment is then used during the daytime and bandages are worn at night.
- :: *Exercise* to help with the lymph flow while bandages are worn to increase the effectiveness of the compression.

A patient who has an acute infection, major heart problems such as congestive heart failure, any type of malignant tumor or blood clots should not receive lymphatic drainage.

Lymphatic Drainage for Lymphedema

Lymphedema after mastectomy is a common problem, and it can be very difficult to resolve. This condition may need numerous treatments.

When a woman's lymph nodes in the axilla have been removed, the collection system for the lymph fluid is interrupted. The lymph fluid may be unable to “find its way” back into the circulatory system. The fluid therefore backs up and collects in the interstitial tissue with no way out. This causes swelling in the affected arm. The swelling causes pain, and it can eventually lead to cellulitis or infection if it is not relieved.

Lymphatic Drainage is a hands-on technique that activates and cleanses the human fluid system. Lymphatic Drainage uses a method of Manual Lymphatic Mapping (MLM) to identify fluid pathways. The therapist then uses these pathways to reroute the lymph and bypass the surgical area; this enables the body to accommodate the fluid.

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