

BETTY'S STORY



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a lymphedema patient
living without the
Flexitouch system.”

Betty's active lifestyle was interrupted in 2003 when she was diagnosed with lymphedema of her left arm. As a sales representative who travels roughly fifty percent of the time, maintaining a regular in-clinic manual lymphatic drainage (MLD) therapy schedule posed a serious challenge. Then Betty began using the Flexitouch® Lymphedema System. The Flexitouch system has allowed her to continue enjoying her busy career and home life.

SIGNS OF TROUBLE

In most cases, lymphedema appears during cancer recovery. For Betty, the reverse was true; symptoms of lymphedema were her first signal that something was seriously wrong. Betty started experiencing inflammation of her left arm in October 2002 when she was 46 years old. When she visited her doctor about the swelling, she learned she had breast cancer that had spread to her lymph nodes.

Betty began in-clinic lymphedema treatment in May 2003. Once or twice weekly, Betty went to a clinic for 60 to 90 minutes of professional MLD therapy. Betty managed to stay on her treatment schedule, despite her frequent business travel. She also wore a size three, class-one, full-arm compression garment during the day. These therapies helped stabilize her lymphedema.

In June 2003, Betty underwent full mastectomy surgery on her left side, followed by several months of radiation therapy. To help her recover, Betty took three weeks off from travel and six months off from weekly tennis and golf.

After over eight months of in-clinic MLD therapy, Betty and her therapist began to search for a better solution to manage her lymphedema. Betty's insurance company would continue to cover in-clinic MLD therapy, but the ongoing therapy schedule was difficult given Betty's busy career and lifestyle.

A BETTER SOLUTION

Betty's therapist recommended that she begin using the Flexitouch system. Designed to provide lymphedema therapy in the home environment, the Flexitouch system is engineered to follow the same physiological principles as MLD. The Flexitouch system uses a two-phase preparation and drainage method. It incorporates other design features such as narrow curved garment chambers to redirect fluid along lymphatic pathways toward healthy lymph nodes. It takes just one hour per session and, most importantly for Betty, it can be used at home and fits in a suitcase for travel.

Betty began using the Flexitouch system on January 15, 2004. When she is at home, she uses the system daily. When she chooses not to pack the system for shorter trips, she supplements Flexitouch therapy with self-MLD therapy. For longer business trips and vacations, Betty brings the Flexitouch system along. She attests that it is easy to pack and use while traveling.

Betty consistently wears her compression garment. She now wears an extra-small, class-two garment.

She will soon be fitted for a custom compression garment because her current garment has become too large.

Betty is able to watch television, read, or even work during Flexitouch therapy. She remarks, "The Flexitouch is easy to use—much easier than self-massage, which requires a lot of concentration and effort to do correctly."

THE FLEXITOUCH DIFFERENCE

Tina, Betty's MLD therapist, says, "It is remarkable that Betty flies so much, and it appears that the Flexitouch still makes a difference. Flying intensifies Betty's edema. From the results we've seen, it looks like the Flexitouch not only counteracts the negative effects of flying, but it appears to have led to additional decreases in edema."

The Flexitouch system provides Betty with an effective and accessible therapy she needs to live the life she wants. Betty says, "I really can't imagine a lymphedema patient living without the Flexitouch system. My work and travel would be impossible without Flexitouch."



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