

JANICE'S STORY



“If I overdo myself physically, I always know that my Flexitouch system is at home ready to give me the therapy I need to get me where I need to be.”

JANICE IS A SURVIVOR

During the past ten years, Janice has made it through medical complication after medical complication. Surgery for carpal tunnel syndrome led to a staph infection. Soon after, a burst ovary was followed by a diagnosis of ovarian cancer. Then, cancer treatments, which included a radical hysterectomy and chemotherapy, resulted in multiple complications, including a post-operation infection, blood poisoning and kidney damage.

And now this — Janice has lymphedema. She had been in remission from ovarian cancer for two years in July 2001 when she contracted a staph infection in her left leg. She went to her doctor complaining of severe inflammation and was diagnosed with cellulitis. After antibiotic treatment and bed rest provided little relief, she visited her oncologist who diagnosed her with lymphedema. During her hysterectomy, two years before, 36 lymph nodes were removed. Without the help of those lymph nodes, her lymphatic system has trouble keeping up with her body's need to move fluid up and out of her leg.

Soon after her diagnosis with lymphedema, Janice headed to a lymphedema clinic. She was in great pain and could barely stand long enough to take a shower; walking across a room was difficult. At the clinic, she received professional manual lymph drainage (MLD) therapy. She also learned how to better manage her lymphedema on her own: her therapist taught her how to apply compression bandages and garments and perform MLD therapy on herself.

After three weeks, Janice decided to take therapy into her own hands. Although professional therapy had been her most effective treatment option it was just too expensive for Janice and her family. Her insurance only covered a percentage of her treatment.

At home, Janice was very observant of her treatment regimen which included self-MLD therapy, compression wrapping and compression stockings. Within nine months, however, Janice could no longer keep up therapy on herself. Janice suffers from carpal tunnel syndrome, and her hands were giving out. The swelling in her leg worsened. She could

no longer find clothes that fit; her left leg was a size eleven and her right leg a size three. If she could find something that fit one day, it would not fit the next day due to the dramatic fluctuation in the size of her left leg from day to day. She could not accept invitations to social events because she never knew how swollen her leg would be. She was unable to perform even light housework and had long ago left her job as a store clerk due to these complications. Janice could barely get out of bed, and she was in pain.

Despite these obstacles, Janice would not let lymphedema ruin her life. She was only forty years old and she had goals. She wanted to be active again and she wanted to be able to go to her daughter's soccer games. She returned to the lymphedema clinic, and her therapist recommended that she try using a Flexitouch® Lymphedema system.

The Flexitouch system uses a two phase preparation and drainage method. This method, along with other design features such as the narrow curved garment chambers to direct fluid along lymphatic pathways, and the 1–3 second timing of the application of light pressure follow the principles of MLD therapy. MLD techniques are based on the

anatomy and physiology of the lymphatic system. It takes just one hour per session and, most importantly for Janice, it can be used at home.

JANICE IS BACK

Janice began using the Flexitouch system on September 24, 2003. After two months of treatment with the Flexitouch system, Janice saw her ankle for the first time in a year. The Flexitouch system provided Janice with the results she needed to get her life back. Janice credits the Flexitouch system for her significant improvement. Janice reads or watches TV while she rests an hour in the morning and an hour in the evening while completing her treatment. Otherwise, she is busy with her family and friends. She now attends her daughter's soccer games. She also accepts invitations out. When she goes out of town to visit her mother, she packs the Flexitouch system and takes it along so she doesn't miss her therapy. Janice has her life back.

Janice explains best how the Flexitouch® has helped her: "Now I am physically capable more times than not...if I overdo myself physically, I always know that my Flexitouch system is at home ready to give me the therapy I need to get me where I need to be."



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