

Services available

- > Lymphoedema information package available via Home Nurses 8638 4536
- > Telephone contact / support for people at risk or have developed Lymphoedema and their relatives / Carers
- > Clinical Management—this service is delivered by the Home Nurses in Port Pirie, it is focused on Self Management and prevention
- > Referrals are made through Port Pirie Community & Allied Health Service Referrals Office on 8638 4504 OR 86384493

Contact details

Referrals: 8638 4493
Home Nurses: 8638 4536
Home Nurse (fax): 8638 4709
Email: homenurses@health.sa.gov.au

For more information

**Port Pirie Regional
Health Service
PO Box 546
Port Pirie SA 5540
Telephone: 08 8638 4500**

Non-English speaking: for information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

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Lymphoedema Service



Port Pirie Regional
Health Service



Our philosophy

Our philosophy is to empower individuals with sufficient knowledge and skills to manage their lymphoedema effectively and independently.

Emphasis is therefore placed on self massage / exercise programmes and teaching carers (where possible) to assist with massage by:

- > The Lymphoedema Therapist is based within the Home Nurses Team and can be contacted on the phone numbers provided. The four components of treatment are skin care, self massage, exercise program and supportive garment.
- > Liaison with other Health Care providers to ensure clients receive optimum quality care.

What is Lymphoedema?

- > Lymph is a colourless fluid which forms in the body and drains into the blood circulation through a network of vessels and nodes. Lymph nodes act as filter stations which play an important part in the body's defense against infection, by removing excess protein, dead or abnormal cells and bacteria.
- > If drainage routes through the lymphatic system become blocked, damaged, or are reduced, lymph accumulates in the tissues and swelling (oedema) occurs. This is known as lymphoedema. Unlike other oedema's lymphoedema leads to changes in the tissues such as fibrosis (hardness) and an increased risk of infection. The swelling may become difficult to control.

Types of Lymphoedema

Primary Lymphoedema

Primary Lymphoedema is usually determined from birth and may be due to underdevelopment of the lymphatic system. It can affect infants or children or men or women at any age.

Secondary Lymphoedema

Secondary Lymphoedema can occur in the treatment of cancer following surgery or radiotherapy. It can also occur as a result of infection, severe injury, burns or other trauma. Lymphoedema can cause a feeling of discomfort, heaviness, tightness, and pain in the limb. Joint movements may become restricted. As the limb swells, it may become subject to an increased risk of infection.

What can be done?

Lymphoedema can be controlled and the swelling decreased by a programme which may include skin care, massage, compression garments, correct bandaging and an exercise regime.

- > Lymphoedema is essentially incurable, but its major symptoms, namely swelling and infection (such as cellulitis) can be greatly improved and managed over time.