

## NCR

**Max Super Speciality Hospital, Vaishali**  
(A unit of Crosslay Remedies Ltd.)  
W-3, Sector- 1, Vaishali, Ghaziabad – 201012, (U.P.)  
Phone: +91-0120-4173 000, 4188 000

**Max Multi Speciality Hospital, Noida**  
A-364, Sector 19, Noida-201 301, Phone: +91-120-662 9999

**Max Multi Speciality Hospital, Greater Noida**  
(A unit of Four Seasons Foundation)  
Opposite NTPC, Near Crown Plaza, Surajpur, Greater Noida - 201306 (U.P.)  
Phone: +91-120-7161234, 9650045691

**Max Hospital, Gurgaon**  
(A unit of Alps Hospitals Ltd)  
B - Block, Sushant Lok - I, Gurgaon-122 001, Phone: +91-124-6623 000

## South Delhi

**Max Super Speciality Hospital (West Block), Saket**  
1, Press Enclave Road, Saket, New Delhi-110 017, Phone: 91-11-6611 5050

**Max Super Speciality Hospital (East Block), Saket**  
(A unit of Devki Devi foundation)  
2, Press Enclave Road, Saket, New Delhi-110 017, Phone: +91-11-2651 5050

**Max Smart Super Speciality Hospital, Saket**  
(A unit of Gujarmal Modi Hospital and Research Centre for Medical Sciences)  
Mandir Marg, Press Enclave Road, Saket, New Delhi- 110017  
Phone: +91-11-7121 2121

**Max Multi Speciality Centre, Panchsheel Park**  
N - 110, Panchsheel Park, New Delhi-110 017, Phone: +91-11-4609 7200

## East Delhi

**Max Super Speciality Hospital, Patparganj**  
(A unit of Balaji Medical & Diagnostic Research Centre)  
108 A, Indraprastha Extension, Patparganj, New Delhi-110 092  
Phone: +91-11-4303 3333

## North West Delhi

**Max Super Speciality Hospital, Shalimar Bagh**  
FC - 50, C & D Block, Shalimar Bagh, New Delhi-110 088  
Phone: +91-11-4978 2222, 6642 2222

**Max Hospital, Pitampura**  
Near TV Tower, Pitampura, Wazirpur District Centre,  
New Delhi-110 034, Phone: +91-11-4735 1844

## Punjab

**Max Super Speciality Hospital, Mohali**  
(A unit of Hometrail Estate Pvt. Ltd.)  
Near Civil Hospital, Phase - 6, Mohali, Punjab-160055  
Phone: +91 172 6652 000

**Max Super Speciality Hospital, Bathinda**  
(A unit of Hometrail Buildtech Pvt. Ltd.)  
NH - 64, Near District Civil Hospital, Mansa Road, Bathinda, Punjab-151 001  
Phone: +91-164-6601 000

## Uttarakhand

**Max Super Speciality Hospital, Dehradun**  
Near Indian Oil Petrol Pump, Malsi, Mussoorie Diversion Road, Dehradun  
Phone: +91-0135-6673 000

**For appointments, call: 8860 444 888**

**EMERGENCY**  
011 4055 4055

Max Super Speciality Hospital, Vaishali  
W-3, Sector- 1, Vaishali, Ghaziabad – 201012, (U.P.)  
Phone: +91-0120-4173 000, 4188 000,  
[www.maxhealthcare.in](http://www.maxhealthcare.in)

# Don't Let Lymphedema Weigh You Down

**Max Super Speciality Hospital, Vaishali**



[www.maxhealthcare.in](http://www.maxhealthcare.in)

Lymphedema is a condition in which, there is an increase in the size of the extremity (upper limbs, lower limbs) that is caused by partial or total obstruction of the lymphatic channels. In the beginning, this increase in size is due to lymph accumulation. With the passage of time, if left untreated, this accumulated lymph triggers an increase in the supporting tissues of the affected limbs. This, not only causes limb size to increase on a more permanent basis, but also reduces the oxygen availability to the tissues. This interferes with wound healing and provides a good environment for infection that may happen very frequently. Every such episode further increases the irreversible swelling.

## Causes of Lymphedema

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**Primary** Lymphedema can be present at birth, develop at the onset of puberty, or in adulthood. These people are born with genes that put them at risk of developing Lymphedema because lymph nodes or vessels are missing or not working correctly.

**Secondary** Lymphedema is the result of damage or changes to the lymph system. Infection (filariasis) surgeries, injuries, and Obesity are some of the causes of lymph vessel and lymph node damage. Some Cancer treatments that are necessary to save lives can cause damage to the lymphatics. Lymphedema resurface even after the surgery or damage.

## Symptoms of Lymphedema

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- A feeling of heaviness in a body part, usually a limb
- A tight feeling in the skin of the affected limb; watches or rings may feel tight
- A heavy swollen limb
- Long duration of swelling
- Discoloration of skin overlying the Lymphedema
- Deformity (elephantiasis)
- Less movement or flexibility in hand, wrist, or ankle
- Severe fatigue

## Comprehensive Lymphedema Programme

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Lymphedema Management Programme by the Department of Plastic Surgery at Max Vaishali has evolved to provide a one-stop solution starting from establishing a diagnosis to educating patients and family members to improve the quality of life of the suffering patient by conservative and surgical means. This involves:

- Making a diagnosis
- Staging the disease
- Educating the patient and his/her family members
- Disease process, manual lymph drainage, exercises, bandaging, home care, skin care, diet, etc.
- Compression garments
- Surgical procedure varies based on the stage of disease:
  - To restore physiological lymphatic function in early stages
  - To reduce frequency of infectious episodes
  - To decrease progression of Lymphedema
  - To reduce weight of limb
  - To improve Cosmesis and function

## Lymphedema Management Programme at Max Vaishali is aimed at

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- Providing education to the patients, their families and caregivers about the disease and its consequences
- Providing outreach to the community and educate other healthcare professionals on the identification of the disease and various treatment options that are available
- Ensuring that the patients obtain and learn the right skills and products for the conservative management of their Lymphedema
- Promoting early and long-term care for their condition, throughout their lifespan, to prevent complications and frequent hospitalizaion