

## Lymphoedema

As many of us know Lymphoedema can be a condition that develops after radiation, and / or after surgery for Prostate Cancer.

In Worcestershire we are very lucky to have an NHS Clinic in Pershore that specialises in care for Lymphoedema conditions.

There is a society in the UK; "LSN" The Lymphoedema Support Network; web site [www.lymphoedema.org](http://www.lymphoedema.org)

At a very modest cost you can join this society and receive their quarterly journal which contains an amazing amount of information for help and advice for all of us who have this condition.

There are a group of specialist Lymphoedema Practitioners associated with the Society and in Worcestershire we are privileged to have the clinic 'The Lighter Touch', in Malvern, email; [karen.lightertouch@gmail.com](mailto:karen.lightertouch@gmail.com)

One thing I have discovered is that the sooner you talk to your NHS doctor about your condition the better, as there is a growing demand for help through the specialist clinics with a consequent delay of approximately 3 months before getting access to the clinic. The demand for treatment is growing and there is limited supply of specialist help available so the sooner you get on the list the better.

**LSN**  
THE LYMPHOEDEMA  
SUPPORT NETWORK  
*because lymphoedema matters*

St Luke's Church Crypt,  
Sydney Street,  
London SW3 6NH

Telephone: 020 7351 4480  
(Information and Support)

020 7351 0990  
(Administration)


Facsimile: 020 7349 9809

e-mail: [admin@lsn.org.uk](mailto:admin@lsn.org.uk)

Website: [www.lymphoedema.org](http://www.lymphoedema.org)

Registered Charity No. 1018749

Patron  
Zoë Wanamaker CBE



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"We know that chronic oedema/lymphoedema are problems frequently encountered in primary care and yet too often individuals are told that nothing can be done to improve their lot.

This is simply not accurate and the LSN/RCGP e-learning module on chronic oedema/lymphoedema will guide GPs in knowing what steps to take to assist people living with the condition."

*His colleagues were beginning to think that Dr Matthews had misunderstood the concept of 'supported self-management'*

**Professor Peter Mortimer**  
Consultant Dermatologist

**LymphLine**

NEWSLETTER OF THE LYMPHOEDEMA SUPPORT NETWORK

SPRING 2021

[www.lymphoedema.org](http://www.lymphoedema.org)