

# LYMPHFEARLESS



# SUPPORT GROUP



Starting Saturday, January 25th at 1:00 PM – 3:00 PM  
at the Ridley Area YMCA. This support group will meet  
the last Saturday of every month.

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## LYMPHFEARLESS SUPPORT FACTS:

<b>MISSION</b>	To bring awareness and normalization to Lymphedema while empowering women affected to “Be Brave, Be Bold and 100% themselves”
<b>VISION</b>	Host events where women with LE can simply be themselves; connect with others; be empowered; and have FUN!!! Events will be determined by the needs and interests of the members with the focus always being to create a judgement free zone in which to learn more about living with lymphedema and to express their thoughts, concerns, fears and accomplishments.
<b>TARGETED POPULATION</b>	Women diagnosed with primary and secondary lymphedema living within the Tri-state area including Pennsylvania, New Jersey and Delaware.
<b>WHAT IS LYMPHEDEMA?</b>	Lymphedema is a chronic lymphatic disease that results in disfiguring swelling in one or more parts of the body. It can be hereditary (Primary Lymphedema) or it can occur after a surgical procedure, infection, radiation or other physical trauma (Secondary Lymphedema). In breast cancer, for example, it can appear in the arm on the same side as the cancer, after lymph nodes are removed from the armpit region for cancer staging. Primary Lymphedema often occurs in the lower extremities. Lymph is the protein-rich body fluid that accumulates when the lymphatic system for fluid transport is damaged.
<b>AREAS OF FOCUS</b>	Diagnosis, Treatment, Management
<b>MEETING TIME</b>	MONTHLY
<b>EVENTS</b>	ANNUALLY