



**circaid®
profile**
nighttime

Managing your Lymphedema

- Complete Decongestive Therapy (CDT). CDT consists of:
 - Manual Lymphatic Drainage (MLD)
 - Skin Care & Hygiene
 - Exercise & Activity / Lifestyle
 - Compression Garments
- Follow the therapy plan formulated by your clinical team to maintain and prevent lymphedema flare ups.
- Stay attuned to your body and alert for any changes.
- Maintain your mediven or circaid compression garments, replacing them every 6 months or as needed to ensure correct therapy is being delivered.
- Be sure to wear compression while traveling and avoid sitting or standing for long periods of time. Movement is important to maintain proper lymphatic flow.

Which compression garment is right for me?



mediven® elastic compression

Accurate graduated compression with a variety of ready-made sizes and colors available. Designed with the latest materials for maximum comfort and ease of application. Custom options are available to fit your shape and style!



circaid® inelastic compression

circaid garments use juxtaposed straps to provide adjustable compression on the arm that allows patients to obtain the necessary compression to treat and manage their lymphatic condition.

The inelastic material of the circaid garment delivers resistance to maintain and even reduce the edema of the affected limb.



Find out more!



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Breast Cancer and Lymphedema

Reduce your risk and
understand the causes

medi. I feel better.



mediven®
harmony

Security and comfort with silicone or knitted top bands

Special knitting technology ensures freedom of movement

Luxuriously soft and moisturizing lanolin in the fabric

mediven harmony is clinically proven to assist in the prevention of the progression of lymphedema.

Benefits:

- Double ellipses ease the feeling of pressure on the point and crease of elbow for comfortable mobility.
- Our wide range of available sizes ensure that patients receive comfortable, accurate compression.
- Innovative fabric is gentle, sensitive and soft for optimal wearing comfort.

According to recent statistics...

- Women whose breast cancer is detected at an early stage have a 93 percent or higher survival rate in the first five years.¹
- 25% of those who undergo surgery and radiation for Breast Cancer are likely to develop lymphedema on some level.²

Lymphedema compression garments can provide support and relief, helping breast cancer patients manage their recovery both comfortably and effectively.

Lymphedema is a condition in which swelling backs up in the tissue. This is often a result of damage to the lymphatic system caused from cancer treatment practices involving lymph node removal and/or radiation.

When lymph nodes are removed, lymph transport can be interrupted and cause congestion in the lymph vessels, leading to edema in the tissue. Radiation can also have a similar effect in that adhered scar tissue can obstruct lymph vessels and lead to interrupted lymph flow and eventually edema.

1. <https://www.carolmilgardbreastcenter.org/for-patients/facts-myths/early-detection-is-key/>
2. Cancer Fact sheet N°297. World Health Organization website. <http://www.who.int/mediacentre/factsheets/fs297/en/>. Updated February 2015.



circaid®
reduction
kit™ vest
nighttime

Compression & Lymphedema Prevention

A recent study in the *Annals of Surgical Oncology** showed that use of mediven harmony compression garments for arm & hand assisted in the prevention of the progression of lymphedema.

This study is the largest randomized controlled study focused on lymphedema, and its successful results show that the use of a mediven compression garment is an effective tool for preventing the progression of lymphedema.