

# LSN

THE LYMPHOEDEMA  
SUPPORT NETWORK

*because lymphoedema matters*

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Fact Sheets	No of copies	Total £
General Information about Lymphoedema		
Reducing the risk of Upper Limb Lymphoedema		
Lymphoedema of the Breast or Trunk		
Upper Limb Lymphoedema		
Head, Face and Neck Lymphoedema		
Swollen Feet & Legs		
The Use of Compression Garments in Lymphoedema Management		
Lymphoedema Associated with Chronic Venous Insufficiency		
Manual Lymphatic Drainage for People with Lymphoedema		
What is Cellulitis?		

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Management of Cellulitis in Lymphoedema		
Diuretics and Lymphoedema		
Skin Care		
Maintaining a Healthy Weight in Lymphoedema		
Recreational Exercise and Movement with Lymphoedema		
Holidays & Travel		
The Use of Kinesio Tape in Lymphoedema Management		
Lipoedema		
Management of Oedema in Advancing Disease (Information for patients)		
	<b>SUB TOTAL</b>	<b>£.....</b>

**Additional information in A4 format.**

**One copy can be requested and reproduced as necessary.**

**Please tick if required**

Genital Lymphoedema	
Reducing the Risk of Developing Lower Limb Lymphoedema (Also available from LSN website – in Information/Think you may be at risk?)	
Early Childhood Lymphoedema (Also available from LSN website – in Childhood lymphoedema)	
Teenage Lymphoedema (Also available from LSN website – in Childhood lymphoedema)	
Multi-Layer Lymphoedema Bandaging	
Emotional and Social Aspects of Lymphoedema	
Oedema in Advanced Ill Health (Information for healthcare professionals). (Also available from LSN website – in HCP section)	
Using compression wraps for lymphoedema	

<b>SUB TOTAL B/F</b>	<b>£.....</b>
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<b>Other items</b>	<b>Quantity</b>	<b>Cost (including P&amp;P) £</b>	<b>Total £</b>
<b>Information about lymphoedema for Care Home Staff</b> Pack of key information and advice for those caring for someone living with lymphoedema/chronic oedema in a residential or nursing home setting.	.....	£3.50 each	.....
<b>DVD</b> Self-management techniques for <b>arm</b> lymphoedema.	.....	£12.00 each	.....
<b>Medical Alert Cards</b>	.....	£0.50 each	.....
<b>Alert Bracelets (Hospital Style)</b> For single use only.	.....	£1.00 each or 6 for £5.00	.....
<b>Stress Balls</b>	.....	£3.75 each	.....
<b>Shopping Bag</b> - LSN branded, re-usable, folding, polyester bag	.....	£3.00 each	.....
<b>Awareness Wristbands</b> Green silicone wristband debossed with 'Lymphoedema matters' in white. (Fits average size wrist.)	.....	£1.00 each	.....
<b>'Lymphoedema Matters' Awareness Ribbons</b> A fabric lapel ribbon in green with gold writing, complete with safety pin.	.....	£1.00 each	.....
		<b>TOTAL</b>	<b>£.....</b>

Please make cheques payable, in **pounds sterling** only, to the  
**LYMPHOEDEMA SUPPORT NETWORK**  
and send to the LSN, St Luke's Church Crypt, Sydney St., London SW3 6NH

Registered Charity 1018749