

## VNA Branch Offices

Dallas County: 214-689-0000

VNA of Tarrant County: 817-654-4494

Ann's Haven VNA: 940-349-5900  
*(serving Denton County)*

VNA of Kaufman County: 972-962-7500

VNA of Collin County: 972-562-0140

## SPECIALTY CARE Lymphedema

### Specialized Care for Your Individual Needs

VNA's approach to providing lymphedema care is to employ experienced professionals, led by a specialized care coordinator, in the delivery of treatment and services to you in your home.

Qualifications of VNA's Lymphedema Care Coordinator:

- Lymphedema Therapist certified in the Vodder Method
- Specially trained in Manual Lymph Drainage
- Over 30 years of physical therapy experience

### Providing MLD Treatment in Your Home

Manual Lymph Drainage (MLD) is a treatment method that can reduce the amount of fluid in your affected limb(s) as well as retrain the lymphatic system to form new, supporting pathways.



VNA's Manual Lymph Drainage is designed to:

- Manage a condition for which there is no cure
- Improve your overall quality of life
- Help you when lymphatics are missing or impaired

### Philosophy of VNA Lymphedema Program

VNA is committed to improving your quality of life by:

- Assisting you in effectively managing a chronic condition
- Listening, responding to, and truly caring for improving your quality of life
- Helping you regain your health and functional independence, and empowering you to remain in your home

### A Teaching Approach to Patient Care

As our patient, you play an important role in managing your own care and in the decision-making process about your treatment. The nurse works with both you and your family to:

- Develop a personalized treatment schedule
- Teach compression wrapping
- Teach exercises to increase lymph flow from affected limb(s)
- Recommend nutrition for lymphedema
- Discuss preventive measures to decrease infection and exacerbation

The VNA nurse and treatment team will assist you and your family with:

- Recognizing signs and symptoms of exacerbation of disease
- Providing on-call nurse 24 hours a day, 7 days a week, to assist with complications when on VNA service
- Advising when additional services might be needed



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