

HELLO LIFE!

 **BAUERFEIND®**

INFORMATION ABOUT TREATING LYMPHEDEMA AND LIPEDEMA

Support for every stage of your therapy

**"I FEEL GOOD
IN MY BODY!"**

Discover an active lifestyle
with the VenoTrain® curaflow
flat knit products





WHAT YOU CAN USE THIS BROCHURE FOR

No matter when you were diagnosed, this brochure will always provide you with the support you need. In addition to your physician and specialists – who should always be your first port of call – we would like to answer your key questions.

“What kind of condition is this exactly?”

“What is the cause?”

“What do I have to remember?”

“What treatments are there?”

“What is the best way to incorporate treatment in my everyday life?”

“And what can I do myself?”

You’ve come to the right place with your questions because at Bauerfeind, we have more than 90 years of experience with manufacturing and using medical compression products. So we’ll be right by your side.

In this brochure, we won’t just explain key aspects of lymphedema and lipedema but also give you other information relating to treatment options that, during your medical consultation, should help determine the right therapy which will be effective for your particular situation.

Connect with others affected by the condition and be inspired! Follow us on:

 [instagram.com/bauerfeindcuraflow](https://www.instagram.com/bauerfeindcuraflow)

 [facebook.com/bauerfeindag](https://www.facebook.com/bauerfeindag)

 [pinterest.com/bauerfeindmedical](https://www.pinterest.com/bauerfeindmedical)

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MEDICAL FOUNDATIONS

THE LYMPHATIC SYSTEM THE BASICS

HOW THE LYMPHATIC SYSTEM WORKS

Your body's metabolic processes as well as external factors cause waste products such as cell debris, proteins, and bacterial residue to develop. The problem is that this often happens in the tissue, away from the veins, so the removal has to take place in a different way.

This is where the lymphatic system comes into play. The lymphatic capillaries, which start everywhere in the body as one-way systems, take up waste products and transport them to the larger lymphatic vessels via the lymphatic fluid. With the help of white blood cells, the body's own antibodies, and fully developed immune cells, the lymph is then cleaned in the lymph nodes. The cleaned lymphatic fluid eventually flows into venous angles and therefore back into the bloodstream.

So, put simply, you could say:

**your lymphatic system is your body's own
100% organic detox and filtration system.**

Simone Berner

Bauerfeind AG Senior Product Manager

**"Lymphedema often
takes a long time:
up to 20 years and more
can pass from the triggering
event to the occurrence
of a lymphedema."**



Peter Nolte

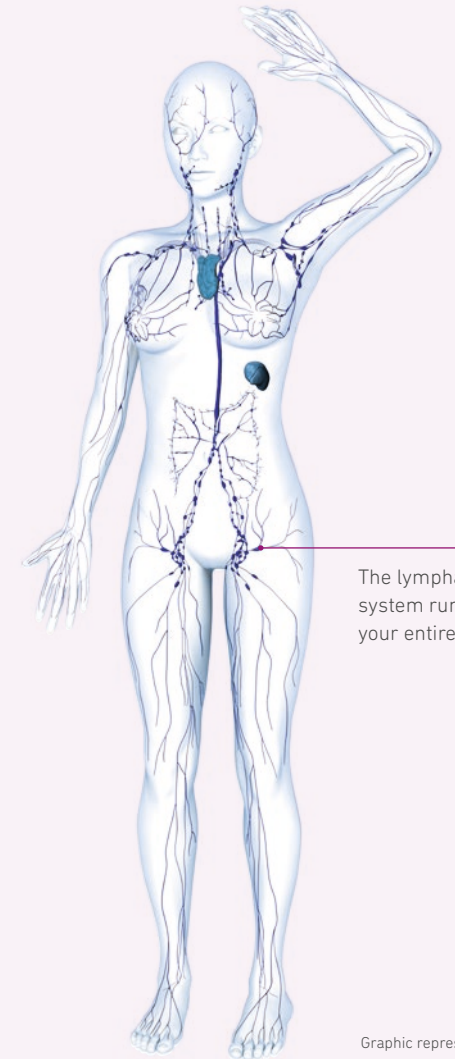
Specialist in General Medicine,
with a practice focusing on lymphatic disorders

**"We will explain everything
in a way that you can
understand even without a
degree in medicine.
Promise!"**

HOW DOES LYMPHEDEMA DEVELOP?

Lymphedema is a **lymphatic drainage disorder** that results in the lymphatic fluid pooling in the tissue. The consequence is intense swelling in the affected body part. If left untreated, lymphedema will continue to progress. At some point, the tissue will become hardened, the skin will be taut, and those affected will be severely restricted in their mobility. In addition, the risk of infection will rise. It is therefore crucial to treat the impaired lymphatic drainage.

Lymphedema can develop anywhere in the body, though it is most common in the arms and legs. The condition usually develops gradually. You should therefore keep an eye on your body and make a note of any changes.



The lymphatic
system runs through
your entire body

Graphic representation

TIP

Find out more about lymphedema
in our online subject area

[bauerfeind-group.com/en/
health/edema](https://bauerfeind-group.com/en/health/edema)



MEDICAL FOUNDATIONS

LIPEDEMA THE BASICS

What is it exactly?

Lipedema is a painful, chronically progressing disorder of the subcutaneous fatty tissue. The fat cells of the subcutis increase in number and size. The volume of the cells, which have already excessively multiplied, increases.



What causes lipedema?

If you have already been diagnosed with lipedema or it is suspected that you may be affected by lipedema, you may like to know what causes this condition.

Unfortunately, there is no exact answer to this question (yet). The particular role that hormones and their receptors play (cells or parts of cells that react to certain stimuli) has not been fully clarified either. But what is quite certain is the impact of high estrogen levels on the development of lipedema. It usually begins during a phase of hormonal change, such as puberty, during or after pregnancy, or, more rarely, during menopause.

In up to 60% of cases, genetics also plays a crucial part. Two or more female family members are often affected.

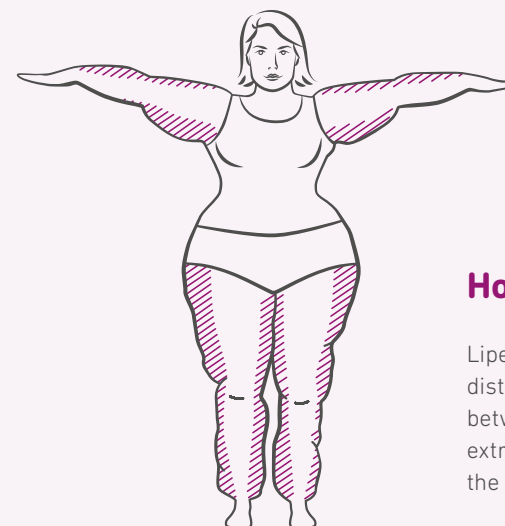
It is almost exclusively women who are affected by this condition. Men are generally only affected in connection with pronounced hormonal disorders or following hormone treatment.

Lina

Influencer with lipedema



**"Fight now:
you can combat pain,
and it will be worth it."**



How does lipedema manifest?

Lipedema is characterized by a painful fat distribution disorder with a clear disproportion between the trunk of the body and the extremities (mainly in the legs, less frequently in the arms).

The fat accumulation is always symmetrical (right and left). The hands and the feet are not affected. Lipedema is always painful, although the occurrence and intensity of the pain, such as pain caused by pressure and/or pain at rest, can vary.

TIP

Find out more about lipedema in our online subject area

bauerfeind-group.com/en/health/edema



MEDICAL FOUNDATIONS

TYPES OF EDEMA

1 Primary lymphedema

Causes

- Congenital abnormalities of the lymphatic system
- Not enough lymph vessels
- Partial absence of lymph vessels
- Lymph node fibrosis

2 Secondary lymphedema

Causes

- Surgery
- Tumors
- Radiation therapy
- Injuries, inflammation or infections

Symptoms (secondary and primary lymphedema)

- Usually asymmetric (only one arm or leg) swelling
- Usually starts away from the body's center
- Damage to the lymph vessels results in fluid accumulation and/or hardening of the connective tissue
- Congestion problems and feeling of tension, rarely pain

3 Lipedema

Causes

- Phases of hormonal change, such as puberty, pregnancy or menopause
- Congenital predispositions

Symptoms

- Symmetrical, relatively spontaneous increase in volume, usually around the thighs
- Usually a slim waist and a pronounced hip circumference
- Usually starts close to the body's center
- Usually associated with sensitivity to touch and pain
- Possible tendency towards bruising
- Feelings of tension and nodules under the skin

A distinction is made between different types of lymphedema. Your physician will tell you which one you have.

4 Lipedema with secondary lymphedema

Causes

- Additional lymph build-up in cases of lipedema

Symptoms

- Same symptoms as lymphedema
- Build-up of lymphatic fluid, usually in the feet and toes

5 Venous edema

Causes

- Disorder of the venous system

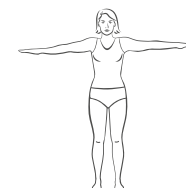
Symptoms

- Build-up of fluid in the tissue

MEDICAL FOUNDATIONS

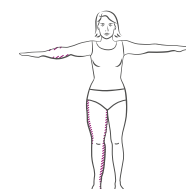
STAGES OF EDEMA

Lymphedema



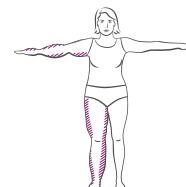
Latency stage

The lymphatic system is damaged, but there is no visible or palpable edema.



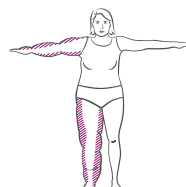
Spontaneously reversible stage

The surface of the skin can be visibly indented because the tissue underneath is still soft. The lymphedema subsides when the legs are elevated.



Irreversible stage

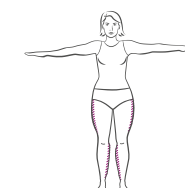
It is either difficult or impossible to press down on the skin and create an indentation because the tissue underneath has hardened. The edema will not subside on elevation. Movement may be restricted.



Pronounced form of the irreversible stage

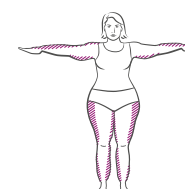
In the last lymphological stage, the edema significantly increases in circumference, sometimes to extreme extents.

Lipedema



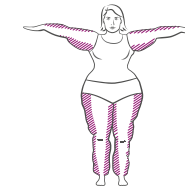
Stage 1

The surface of the skin is smooth, the subcutaneous adipose tissue is thickened, and the fat structure consists of fine nodules.



Stage 2

The surface of the skin is uneven and the fatty structure features coarse nodules.



Stage 3

The tissue is coarser and harder as well. There are also lobules of skin causing extensive deformation.

"Now we know the problem. On the next page, we'll introduce possible solutions."

Simone Berner



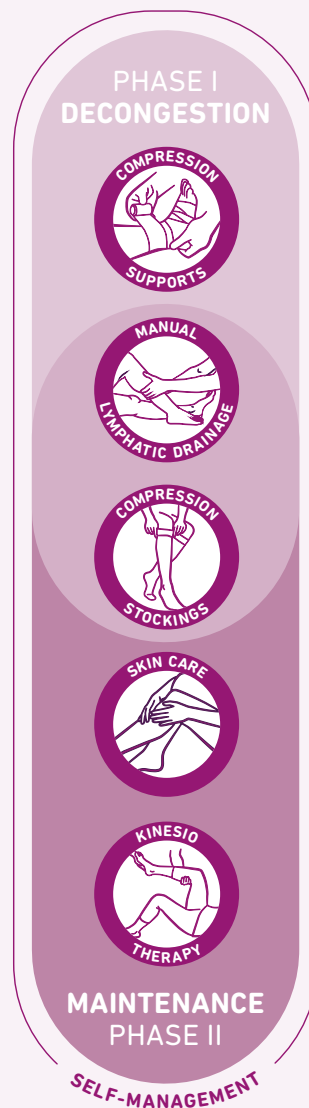
COMPLEX (PHYSICAL) DECONGESTIVE THERAPY (CDT)

The good news is:

Lymphedema and lipedema can usually be treated effectively. The most successful method is complex decongestive therapy (CDT). It is based on **five pillars** and consists of two phases which are applied consecutively: first, the **decongestive phase** where existing swelling is reduced, followed by the **maintenance phase** which safeguards the current state after the decongestive phase, therefore preventing new swelling.

We will introduce you to the therapy's individual pillars in more detail on the following pages, allowing you to quickly return to activity and enjoy your life again.

YOUR
TREATMENT
MODEL FOR
A CAREFREE
LIFE



You can use the **five pillars of CDT** to achieve ideal treatment results.
All of the following steps are perfectly coordinated:

Pillar

1

Manual lymphatic drainage

activates the lymph vessels
and stimulates the entire
lymphatic system

→ P. 12



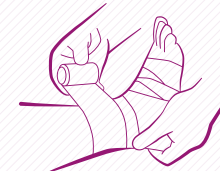
Pillar

2

Compression therapy

improving lymphatic drainage
using compression supports
and stockings

→ P. 14



Pillar

3

Skin care

tips for sensitive
edematous skin

→ P. 22



Pillar

4

Kinesiotherapy

finding your balance with
exercise and relaxation

→ P. 24



Pillar

5

Self-management

tips and advice for self-help

→ P. 26



PILLAR 1

MANUAL LYMPHATIC DRAINAGE RELIEF AND ACTIVATION OF THE LYMPHATIC SYSTEM

During manual lymphatic drainage (MLD), the removal of fluid from the swollen tissue is promoted by applying a special lymph massage. A specially trained physical therapist massages the lymph into healthy areas, from where it can be drained.

This lymphatic drainage is prescribed by your physician and should be carried out several times per week. Make sure you always wear your compression garments between the appointments.



1.

Your lymph nodes are freed through this massage, and lymphatic drainage is therefore noticeably improved.

The result:

temporary stimulation of your lymphatic system and activation of your lymph vessels.

2.

Your lymph vessels are drained, enabling them to remove more lymph again themselves.

PLEASE NOTE

In order to maintain the effects of manual lymphatic drainage, you should be bandaged after treatment or wear compression stockings.



Anne-Christin
Lymphedema and Edema Therapist

“Manual lymphatic drainage not only supports your lymphatic system but also has a relaxing effect on your mind.”

IPC, THE IDEAL ADDITION TO LYMPHEDEMA AND LIPPEDEMA TREATMENT

Intermittent pneumatic compression (IPC) is an active physical measure during the decongestion and maintenance phases as part of complex decongestive therapy (CDT).



How does IPC work?

Your legs or upper body and arms are surrounded by cuffs with air cells. These cuffs are inflated by a machine. The pressure and treatment duration is adapted to your needs and preferences (e.g. in the morning and evening for 20 minutes). This pressure decongests the tissue and stimulates lymph flow.

IPC is a complementary link between manual lymphatic drainage and your compression garments. It can be used without time pressure, independent of location and from the comfort of your own home.



Find more information at:
boesl-med.de/english



PILLAR 2

COMPRESSION THERAPY

IMPROVING EDEMA DRAINAGE WITH MEDICAL COMPRESSION STOCKINGS.

During the decongestion phase, a lymphological compression bandage is put on after each lymphatic drainage. During the maintenance phase, **flat knit medical compression stockings** are used. Compression therapy is designed to prevent the recurring pooling of lymphatic fluid in the tissue. In addition, every movement promotes interaction between muscles, skin and external pressure. This gentle massage improves the removal of lymphatic fluid. Please ask your physician about the daily wearing duration that is right for you.

In principle, using it from morning to night can have a positive effect on your treatment success.

THE GOOD THING IS:
you can combat edema simply by wearing these stockings.

This is your part of this treatment pillar – our part is to make wearing the stockings as comfortable as possible for you.

In cases of lymphedema and lipedema, compression stockings can help alleviate symptoms, improve lymphatic drainage, and reduce pain. Compression has a positive effect on pain sensitivity.



EVERY DAY IS MORE PLEASANT WHEN YOU'RE FEELING GOOD.

That is why we have developed the custom-made **VenoTrain curaflow** and **VenoTrain curaflow strong**. These flat knit products are perfectly adapted to the individual shape of the lymphedema or lipedema patient's legs, arms, or hands.

During movement, the VenoTrain curaflow and the VenoTrain curaflow strong exert the necessary, consistently high working pressure. This steady pressure is essential for your treatment to be effective, as constant, external compression improves drainage of the lymphatic fluid from the tissue and counteracts further accumulations. It alleviates painful tension and provides noticeable relief. And all that with a significantly higher degree of wearing comfort, thanks to particularly soft fibers.

MAXIMUM COMFORT EVEN FOR LONG WEARING DURATIONS AND WHILE MOVING

**HELLO
NEW
ATTITUDE
TOWARD
LIFE!**



THE BAUERFEIND MICROFIBER

We are using innovatively processed, climate-regulating microfiber in our VenoTrain curaflow.

Your benefit: the stockings lie comfortable on the skin, they do not constrict during movement, and they feel like a second skin for the whole day.

PILLAR 2

PRODUCTS FOR YOUR EDEMA THERAPY
DESIGNED FOR EVERYDAY LIFE.

POWERFUL PARTNERS FOR YOUR LYMPHEDEMA
AND LIPEDEMA THERAPY



VenoTrain® curaflow

Lymphedema: Stages 0 to 3
Lipedema: Stages 1 to 3**
Compression class:
Arm Ccl 1 – Ccl 3
Leg Ccl 1 – Ccl 4

Your life belongs to you! That is why we have developed the VenoTrain curaflow. This versatile compression garment perfectly adapts to the individual shape of the lymphedema or lipedema patient's legs, arms, or hands. This means you can go about your everyday activities full of confidence, looking good, and being carefree.



VenoTrain® curaflow strong

Lymphedema: Stages 1 to 3
Lipedema: Stages 2 to 3**
Compression class:
Leg Ccl 2 – Ccl 3

Everyone's body is unique, and that's a good thing. The VenoTrain curaflow strong is perfect in cases of pronounced edema tissue in particular. Instead of slipping into tissue folds, it always remains pleasantly smooth and cannot be distorted by the edema's pressure.

Find further information about these products at:
bauerfeind-group.com/en/products/compression-therapy/strong-to-very-strong-compression/details/product/venotrain-curaflow



* A medical supply retailer will advise you when choosing the perfect compression garment.
** Schematic classification using the Bauerfeind care system

Ensuring your ideal edema therapy.
What makes our compression products special:

VenoTrain®	curaflow	curaflow strong
 Breathable microfiber ensures a better feeling of comfort for the entire wearing duration	●	
 Smart longitudinal structure ensures perfect lymph transport	●	
 Strong knitted fabric for bridging large differences in circumference		●
 High working pressure ensures ideal compression		●
 Smooth knitted fabric ensures easier donning of the compression garment	●	●
 Consistent pressure, ideal pressure profile with a noticeable effect for the entire wearing duration	●	●
 Extra-soft toe surrounds and protects the sensitive forefoot	●	●
 Custom-made to ensure the perfect fit for individual body dimensions	●	●
 Flat sensitive stitching prevents chafing on the skin and ensures better wearing comfort	●	●
 Anatomical, extra-soft area at the back of the knee for unrestricted freedom of movement	●	●

Color variety:

choose the color that suits you from eleven options.



PILLAR 2

HOW DO YOU OBTAIN YOUR FLAT KNIT MEDICAL COMPRESSION PRODUCT?

Once you have been prescribed a compression product by your physician, you should make an appointment with a medical retailer as soon as you can. After all, choosing the appropriate product takes time.

"My compression products give me confidence and help me feel better. They're like a second skin and the perfect accessory for every day."

Lina
Influencer with lipedema



You will be given expert advice and your measurements will be taken at a medical supply retailer.

Together with the specialist consultant or specialist staff, you will quickly find your ideal stocking. Based on your measurements and any additional stocking features you might need, your compression garment, such as the VenoTrain curaflow, will be custom-made for you and adapted to your needs so it fits like a second skin and makes your everyday life easier.

Did you know:

The best time for measurements is in the morning or straight after your lymphatic drainage. At that time, you are decongested, meaning the readings will allow for the perfect fit.



Find a retailer near you using our search function:
bauerfeind-group.com/en/find-bauerfeind

PLEASE NOTE

As a general rule, medical compression stockings will be **effective for about six months**. For hygiene reasons or in case of significant volume changes, you should discuss with your physician whether you should receive additional or new medical compression stockings.

These little cards will keep you in a good mood for the whole day. You can use them yourself or give them away.



my curaflow

Together we can do it!



my curaflow

YOU ARE GREAT JUST AS YOU ARE!



my curaflow

Be good to yourself

my curaflow

JUST GO FOR IT!



You might be successful!

my curaflow

BE STRONGER THAN YOUR EDEMA!



my curaflow

FEEL STRONG IN LOVE. MY CURAFLOW.

my curaflow

YES, ROCK IT! YOUR COMP WILL HELP YOU!



my curaflow

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

FEEL STRONG IN LOVE. CURAFLOW

These little cards will keep you in a good mood for the whole day. You can use them yourself or give them away.

Not all compression stockings are created equal!

What you must look out for when choosing the right model:

- **Perfect fit**
The stockings must not constrict or slip
- **Skin-friendliness**
High-quality materials and excellent breathability are also important
- **Easy use**
Donning and doffing should be easy.
- **Flat, smooth seams**
to avoid pressure points on the skin
- **Integrated functional zones**
in sensitive areas: e.g. at the back of the knee or the crook of the elbow
- **Complete freedom of movement**
for maximum wearing comfort and well-being
- **Uncompromising quality**
Soft stockings are particularly comfortable to wear and prevent skin irritation



TIPS

In addition to your compression stockings, you should always wear well-fitting and comfortable clothing that does not press or rub against the skin. Ensure that underwear straps and fastenings are wide and non-constricting.



PILLAR 3

SKIN CARE WELLNESS FOR YOUR SKIN.

Looking after your skin should now be a priority for you because the skin is generally more sensitive in cases of lymphedema or lipedema. Rich creams prevent the skin from drying out and provide the necessary protection. To ensure your skin stays smooth and beautiful, we have developed two high-quality care products that are perfectly adapted to skin subjected to strain from edema and compression.

Bauerfeind care foam*

Quick care in the morning

Gentle care foam that protects and soothes the skin using panthenol. You can apply this product before putting on your stockings – the quick-absorbing foam makes donning of the stocking easier.



VenoTrain® lotion*

A beneficial treat in the evenings

After prolonged wearing of compression stockings, you should spoil your skin with a little wellness session. The care lotion we have developed together with Sebapharma is the ideal choice for this. Its special chamomile extract soothes the skin and reduces skin irritation, thus ensuring perfectly relaxed legs and arms.

ITEMS THAT WILL MAKE YOUR EVERYDAY LIFE EASIER.

We have gathered a few **practical aids** that will make your life a lot more relaxed.



VenoTrain® glider

The practical donning aid to save you time

With our VenoTrain glider, your compression stockings will effortlessly slide over your arms and legs – even when you are out and about. Made from durable, lightweight material, it is suitable for compression stockings with an open or closed toe.



Bauerfeind special gloves

Improve your grip

With our special gloves made from non-slip rubber, you will be able to grip your compression stockings more easily. For effortless, smooth donning and doffing.



Bauerfeind lingerie bag

Protects your stockings in the washing machine

The perfect addition to our special detergent. When you use our lingerie bag, your stockings will be effectively protected every time you wash them in the machine.



Bauerfeind special detergent*

For gentle stocking care

To ensure your compression stockings keep their shape for a long time and remain effective, you should clean them with this gentle special detergent, ideally by hand or using a delicate machine wash cycle – avoid fabric softener, optical brighteners, stain removers and dry cleaning. Leave the garments to air-dry (do not tumble-dry or iron, and do not expose them to direct heat).



bauerfeind-group.com/en/products/compression-therapy/venotrain-therapy-support/details/product/venotrain-glider

TIPS

For hygiene reasons

we recommend you have one regular set and one replacement set. That means you can always wear fresh stockings when the other pair is in the wash.

* only available in selected countries

PILLAR 4

KINESIOTHERAPY

LOTS OF ACTIVITY. LOTS OF FUN.

Use it or lose it.

Extensive exercise is beneficial for your body, even with lymphedema or lipedema. It helps you to actively support your lymph flow, gradually improve your muscle function and release a whole load of endorphins.

One thing is very important for this:

discuss your individual kinesiotherapy with your physician or physical therapist in advance. You will then also be told when to wear your compression product.



Exercise – an important part of your treatment

Depending on the type and location of the lymphedema, targeted decongestion exercises and training sessions can improve mobility and reduce swelling.

Other ideal types of activity in cases of lymphedema or lipedema include yoga, walking, hiking, and aqua fitness as well as sports with expansive movements.

Book your personal

me time!



Anne-Christin
Lymphedema and Edema Therapist

**“What I can do,
you can do, too!”**

LEARN FROM ANNE-CHRISTIN, PHYSICAL THERAPIST AND LYMPHEDEMA AS WELL AS EDEMA THERAPIST

LymphYoga as part of comprehensive edema therapy

Edema is directly or indirectly influenced by numerous factors. In addition to compression therapy, kinesiotherapy is an important part that is included in comprehensive treatment. Incorporating exercises relating to breathing, movement, and stretching, LymphYoga, as a decongestion exercise, is particularly gentle on the joints and perfectly supports lymphatic drainage.



Of course, life is not always relaxed.

It is therefore important that you don't get caught in every stress trap and demand too much from yourself all at once. What your body needs is a healthy mix of tension and relaxation. You should therefore allow yourself some rest and escape daily routines every now and then. A cup of tea by the window, a short stroll through nature, a few pages from a book, active relaxation techniques, special breathing exercises: all this is beneficial for your mind and body. So why not give it a try straight away?

Arm and leg relaxation

It is not just your mind that needs to be relaxed, those areas that are affected by edema will also benefit. Elevating the affected arm or leg provides relief and helps prevent painful congestion.

Active relaxation techniques

Relaxation exercises can also help you boost regeneration and develop stress resistance. They also combat potential problems with sleep, tension and fatigue. Meditation, tai chi or qi gong are all suitable in cases of lymphedema or lipedema.

PILLAR 5

SELF-MANAGEMENT

THE SUCCESS OF YOUR THERAPY IS UP TO YOU.

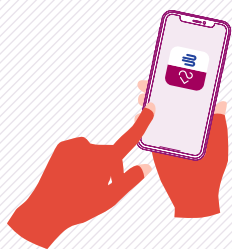
Dealing with lymphedema or lipedema is a life-long task.

You should always rely on the person who can help you the most: that is you.
But you are not alone – we want to accompany you on your journey to a better quality of life.

Find out more about patients and their stories on our website:

bauerfeind-group.com/en/health/edema

YOU ARE NOT ALONE!



Share your success and link to us:
#bauerfeindmedical

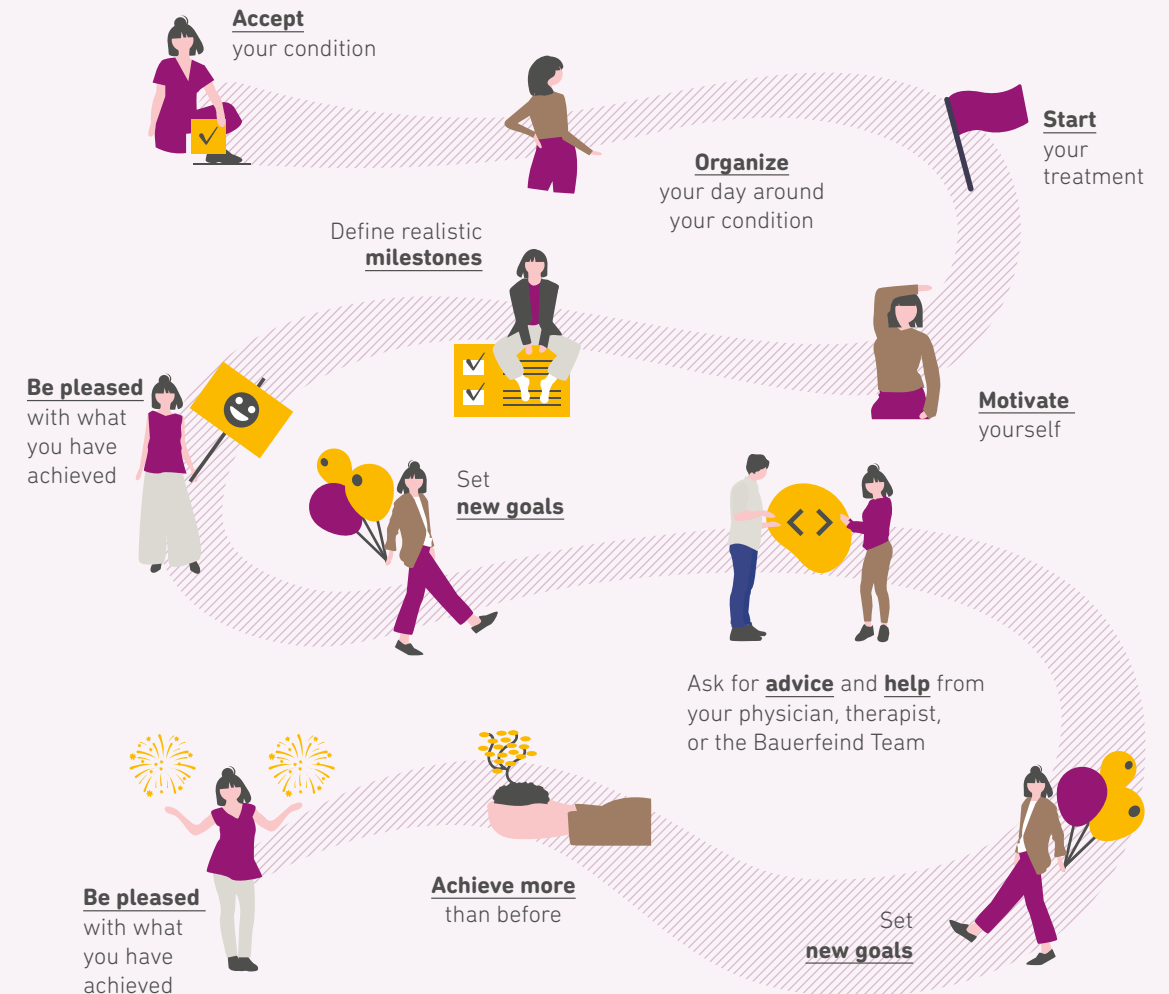
 [instagram.com/bauerfeindcuraflow](https://www.instagram.com/bauerfeindcuraflow)
 [facebook.com/bauerfeindag](https://www.facebook.com/bauerfeindag)
 [pinterest.com/bauerfeindmedical](https://www.pinterest.com/bauerfeindmedical)

SELF-MANAGEMENT GUIDELINES



Susanne Helmbrecht

**“Those who give up have already lost.
Only those who fight
can realize their dreams!”**



Support during the day – for a better quality of life and more ease:

Orthopedic foot orthoses can improve your posture, relieve heavy legs, and provide you with confidence throughout your day.

Have a chat with your physician to see how the right foot orthoses can help you.
For an overview of our products, please visit: bauerfeind-group.com/en/products/foot-orthoses



PILLAR 5



Eat to be happy and healthy.

A healthy and balanced diet.

Diet is a key element in treating lymphedema or lipedema. It is important that you get your fat burning going, keep your blood glucose level even and regulate your body's fluid balance. The best way to do this is a mixed diet including a lot of fresh fruit and vegetables, only a little meat and fat, and a lot of whole-grain products and fish.

Cooking time is me time!

Make a conscious effort to incorporate your new eating habits into your daily life. Don't think of it as a burden or wasted time, but as part of your me time used to give yourself a treat. A cook book, a bunch of quality ingredients, your favorite music: voilà, you've got your time-out from the daily grind and a delicious, healthy meal!

NUTRITIONAL ADVICE

Do you fancy cooking healthy, delicious meals?

Then ask your physician about professional nutrition counseling. You will receive many tips relating to healthy food and great recipes that will really benefit you and your body.

"Why not treat yourself to a beautiful evening in a nice restaurant with a lot of time and good conversations once a month!"



Ines Wedmann
Nutritionist

The golden rules of a healthy diet

Food is energy. Food must always be fully digested. So leave around four to six hours between individual meals. You should also avoid little snacks in between because they will interrupt the digestive process.

1 Listen to your body.

Never continue eating until you are overly full, and only eat when you are actually hungry. Leave about a quarter of your stomach empty so there is room for digestion.

2 Take your time.

You need to eat in peace so your body can effectively absorb your food. Eating when you are in a rush is therefore not a good idea. Make sure you have a nice atmosphere to eat and allow yourself five minutes' rest once you have finished. This will promote your inner satisfaction.

3 Fresh food on the table.

Ready-meals and convenience products have fewer nutrients. That's why it is best if you do your own cooking from scratch, using seasonal, regional ingredients and appetizing spices such as ginger, chili, black pepper, cumin or turmeric as well as all sorts of fresh herbs.

4 Main meal at lunch time.

You should have your main meal with proteins and raw fruit and vegetables at lunch time because your digestive energy is strongest at that time of the day. In the evening, your body will appreciate something that is easy to digest, such as a delicious vegetable soup or some stir-fried vegetables.

5 Make sure you stay active.

Exercise is just as important as a healthy diet because it activates your metabolism. It also loosens blockages, releases stress and helps you to feel good. Find out more in the section on kinesiotherapy.

6 Make sure you have time to relax.

Actively relax and take a time-out from noise, chores and hassle. Withdraw to your favorite spot, lie down and simply watch your stomach breathing. This will balance your mind and soul.



SELF-HELP GROUPS BECAUSE EVERYTHING IS EASIER TOGETHER!

**You are not alone
with your lymphedema or lipedema.**
There are self-help groups in many places
that offer local meetings where you can chat
to others who are affected.



Susanne Helmbrecht

**"Support, motivation,
understanding, closeness,
help, tips, advice:
you will find all that in
lymph self-help groups.
Why not drop in?"**

STAY STRONG! NEVER LOSE COURAGE!

CHECKLIST

HELP JUST BEFORE OR AFTER THE DIAGNOSIS

CHECKLIST

We have compiled a checklist for you so you can structure your thoughts on the subjects of lymphedema and lipedema. You can use it as a guide for your journey to diagnosis and treatment. **It will perfectly prepare you for your discussion with your physician or specialist staff!**

Not diagnosed yet?

- 1 Have you recognized some of the symptoms mentioned above and you suspect you may have lymphedema or lipedema? Then use this brochure to find out more information and get an initial assessment of your symptoms.
- 2 If you've noticed signs of lymphedema/lipedema, we recommend you consult a physician who will provide a more precise diagnosis. Only a physician can determine whether an edema is responsible for your problems.
- 3 Now research the treating specialists. Ideally, look for a physician specializing in conditions such as lymphedema and lipedema.
- 4 Prepare well for your first appointment with the physician. All the anticipation often makes us forget important aspects. Our checklist should make the preparation for your discussion with a physician easy:

CHECKLIST

Are you in pain?
If so, where is the pain located?

- ☐ Feet/legs
- ☐ Upper body
- ☐ Arms

When did you first notice the symptoms?

- ☐ Over a year ago
- ☐ Some months ago
- ☐ In the last few weeks

How have the problems changed over the past twelve months?

- ☐ Problems have worsened
- ☐ Problems have stayed the same
- ☐ Problems have become less bad

When are your problems most severe?

- ☐ During movement
- ☐ When at rest
- ☐ Constantly
- ☐ Problems are temporary

What provides relief?

Are you taking medication?

- ☐ No
 - ☐ Yes, specifically ...
- _____
- _____

Please note:
Do not diagnose yourself!
Only a physician can provide you with an accurate diagnosis.

Have you already been diagnosed?

Find out about your condition so you can understand what is happening with your body and how you can help it most effectively. Use this brochure, have a proper discussion with your treating physician, and network with others who are affected.



TOGETHER WE ARE STRONG!



Lymphedema and lipedema may be chronic conditions – but with the right attitude and consistent treatment, you will get back to enjoying life to the fullest. We want to help you with that – with a lot of tips and our compression products, of course, ideally to prevent your condition from progressing and to ensure you will soon be able to live an active and carefree life again!

Your Bauerfeind Team

Do you have any questions about Bauerfeind products or the topics in this brochure?

Then please send us an email:

lymphteam@bauerfeind.com

We're happy to help you!



**BAUERFEIND –
BY PEOPLE
FOR PEOPLE.**
FOR A BETTER
QUALITY OF LIFE.



Bauerfeind AG is one of the leading manufacturers of medical devices such as supports, orthoses, medical compression stockings, and orthopedic orthoses. Bauerfeind products make an important contribution toward maintaining and restoring health. The family-run business founded in Zeulenroda in 1929 employs 2,100 staff globally and exports its products to many parts of the world.

We combine decades of expertise in technology and manufacturing with innovation: the tradition of a medium-sized, family-run business. Our specialists have worked very closely with physicians, scientists and developers right from the start. From the thread to the completed item, Bauerfeind compression garments are developed and manufactured in Germany – to guarantee treatment with consistent, high-quality products.

**Your well-being
is our priority!**



Disclaimer

All information in this brochure is up to date at the time of printing. All information provided in this brochure / online (text, images, graphics, etc.) are purely complementary to any advice given by medical experts, in particular the treating physician or physical therapist. This brochure is not designed to replace this medical advice. We highly recommend obtaining medical advice and not to deviate from instructions / treatment specified by a physician before using Bauerfeind products or accepting therapy recommendations. Only then can the best possible effectiveness of our products be guaranteed, allowing you to recover quickly. Our explanations are not designed to support or promote self-diagnosis or self-medication but are merely there to provide initial general information and basic awareness of the topics addressed.

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Kindly recommended by: