

# BEHIND THE DIAGNOSIS



1

**IT'S NOT JUST SWELLING —  
IT'S A FULL-BODY BURDEN.**

Lymphedema disrupts daily life. It impacts mobility, energy, mental health, and identity.

2

**COMPRESSION IS TREATMENT,  
NOT A LUXURY.**

For many, compression is our main form of care. Yet it's expensive and often denied by insurance. This delays treatment and worsens outcomes.

3

**LISTENING IS CARE.**

We don't expect every provider to be an expert. But dismissing symptoms or downplaying the condition causes deep harm. Hear us.

4

**NO TWO CASES ARE THE  
SAME.**

Lymphedema looks different on every body. Don't assume our experience or needs based on what you've seen before.

5

**MENTAL HEALTH MUST BE  
PART OF THE PLAN.**

This disease can lead to anxiety, isolation, and trauma. A referral to a mental health provider should be standard.

6

**WEIGHT STIGMA SHUTS  
US DOWN.**

Not all swelling is caused by weight. Don't assume. Don't shame. It makes patients avoid care.

7

**EARLY DIAGNOSIS COULD  
PREVENT YEARS OF DAMAGE.**

Diagnosing earlier could prevent years of damage.

8

**INSURANCE GAPS ARE CARE  
GAPS.**

When insurance doesn't cover garments, therapy, or surgery, we're forced to choose between health and survival.

## WE'RE MORE THAN A LIMB.



TREAT THE WHOLE PERSON. ASK ABOUT OUR LIFE. OUR GOALS. OUR BARRIERS. SEE US BEYOND THE DIAGNOSIS.

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