

EMPOWERING HABITS

Real strategies you can build into your daily life.

LEARN TO MANAGE YOUR CARE.

With the help of a certified lymphedema therapist (CLT), you can learn to do manual lymph drainage (MLD), use a compression pump, apply wraps, and master your self-care plan.

PRACTICE PUTTING ON GARMENTS.

Donning and doffing compression wear takes practice. Stick with it—you'll get better with time and support.

PROTECT YOUR SKIN.

Infection prevention starts with skin care: use low-pH products, treat cuts quickly, and avoid injections or pressure checks on the affected limb.

BE YOUR OWN EDUCATOR.

Learn everything you can about your condition. Then teach others—including your providers. Empowerment is contagious.

KEEP MOVING.

Activity moves lymph. You don't need a gym—just stay consistent and avoid sitting or standing too long.

DRINK MORE WATER.

Hydration matters. Avoid excess sugar and salt, eat real food, and drink enough water daily.

TWEAK YOUR PLAN AS NEEDED.

Your body changes, and so should your treatment. Review your approach with your CLT as often as needed.

CARE FOR YOUR MIND, TOO.

Your mindset is part of your health. Get emotional support through therapy, community, or peer groups.

YOU DESERVE CARE THAT LISTENS.

If your current therapist isn't helping or hearing you, you have every right to find one that will.



The Rivera Foundation
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