



St Luke's

Lymphoedema

Living with Lymphoedema

Being diagnosed with a long-term condition that affects your appearance can have a profound impact on you. Patients often describe feeling self conscious, depressed, embarrassed, disfigured, hopeless and helpless.

If you have been feeling down for the past few months and no longer find pleasure in things you usually enjoy it is important that you discuss these feelings with your GP or other professional.

Some people find talking to other people with lymphoedema helpful. There are support groups that you can attend or join on line. The Lymphoedema Support Network (LSN) www.lymphoedema.org, provides information and advice and can put you in touch with support groups in your area.

There are also specialist groups for people with lipoedema, such as lipoedema ladies, www.lipoedemaladies.com.