

淋巴水腫



? 什麼是淋巴水腫?

當在皮下組織有異常的淋巴液積聚而引起腫脹就稱為淋巴水腫。任何對淋巴系統的破壞都可引至淋巴水腫，一般會發現在上肢或下肢，但淋巴水腫亦可在身體其他地方形成，例如：乳房、頭部、頸部等等。



淋巴系統



🔍 淋巴水腫的成因

淋巴水腫可分為兩大類—原發性及繼發性。

原發性淋巴水腫—亦可稱為先天性淋巴水腫，其淋巴管或淋巴系統的損壞在出生時已出現。

繼發性淋巴水腫—在發展國家最常見的一類。當淋巴系統受到任何手術或癌症治療所引起的損害，就會提高患有繼發性淋巴水腫的風險，例如：牽涉到淋巴結移除或破壞淋巴組織的手術、放射治療（俗稱電療）等亦會有破壞淋巴組織的風險。

🎯 症狀

如果你發現某身體部位在手術或癌症治療後有以下任何症狀，建議你找醫生作進一步的跟進—

- 患肢感覺沉重
- 患肢的皮膚感覺繃緊
- 患肢的關節活動幅度減少
- 患肢在穿戴衣物或首飾時感覺繃緊

📊 淋巴水腫階段

淋巴水腫的病發期是很難預測的，有的在完成手術或癌症治療後馬上出現，而有些可能多年後才出現，也可能一輩子不會出現。淋巴水腫被定為以下幾個階段—

零期	目測沒有發現水腫，但患肢可能感到沉重或繃緊。
一期	患肢出現水腫，通常在一天結束時最明顯，但早上睡醒或抬高患肢可得到緩解。當用手指按壓時會出現明顯的凹陷，一般需要幾秒才能回彈。
二期	患肢不能因抬高而減低水腫，而且皮膚可能會變硬和厚（纖維化）。在此階段皮膚感染的風險會提高。
三期	水腫開始影響關節活動，而皮膚質感會變得像象皮一般。有些情況淋巴液會從皮膚漏出。

🏥 淋巴水腫治療

淋巴水腫的治療方法會因應水腫的階段而有所變化。零期和一期的患者一般會以患肢的擺放位置、壓力衣和運動來幫助控制淋巴水腫情況。如果情況較嚴重，如二及三期，認可淋巴水腫治療師會作出「整合性退腫治療」(Complete Decongestive Therapy)，包括—

- 皮膚及指甲護理 - 減少感染風險
- 淋巴引流手法治療 - 加強淋巴液循環而減低水腫
- 壓力治療（一般用繃帶）- 使用特別繃帶加強淋巴液循環
- 運動 - 配合以上治療，再進一步幫助淋巴液循環及維持關節活動幅度
- 自我護理 - 教導患者如何自我照顧的技巧

間歇充氣加壓治療



手法淋巴引流



壓力治療



💡 與淋巴水腫共存 — 日常注意事項

淋巴水腫到目前還未有徹底根治的方法，患者需要一直管理淋巴水腫的情況，將其影響降至最低。在日常生活中以下幾點需留意：

- 避免用患肢量血壓或抽血
- 避免過熱的環境，例如用溫度過高的熱水洗澡或長時間在太陽下暴曬
- 避免搬重物
- 保護好皮膚，盡量避免受損，如割傷或劃傷、曬傷、蟲咬等
- 坐飛機前先諮詢專業人士，並穿戴合適的壓力衣
- 恆常地做自我護理技巧，控制淋巴水腫
- 維持恆常運動習慣來帶動淋巴液循環

壓力襪



捐款

本會乃慈善機構，有賴善長人翁的捐助，致力改善傷殘人士及病患者的生活質素。如蒙閣下支持，請透過以下途徑捐助：

1. 郵寄支票（抬頭請寫復康資源協會）
2. 直接存入香港上海匯豐銀行（戶口號碼：004-198-4-013514）
3. 繳費靈（商戶編號9475，請以電話號碼為賬單編號，然後致電18033或登入www.ppsk.com捐款。）
4. 電子網上銀行捐款（請登入個人網上銀行，選擇商戶名稱「復康資源協會」，並以電話號碼作為賬單編號捐款。）
5. 攜以下條碼到任何一間7-ELEVEN便利店捐款

捐款港幣100元以上，可憑收據免稅。

7-11(HSBC)



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扶輪兒童復康專科及資源中心
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電話：2817 5196 傳真：2819 8041

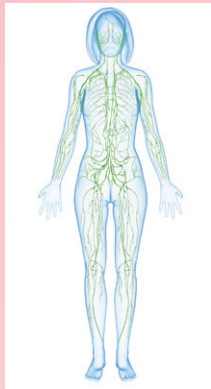


LYMPHEDEMA



? What is lymphedema?

Lymphedema is the abnormal accumulation of lymph fluid in the tissues under the skin which causes swelling or edema. Any damage to the lymph system can cause lymphedema, usually the swelling occurs in the arm or leg, but it can also develop in the breasts, trunk, head, neck or genitals.



Lymphatic system

🔍 Risk factors

There are 2 types of lymphedema: Primary and Secondary Lymphedema

Primary Lymphedema:

Also called hereditary lymphedema because the damage to the lymphatic system is observed at birth.

Secondary Lymphedema:

The most common type of lymphedema (in developed countries). Any surgery or cancer treatment that can damage the lymph system will put you at risk of developing secondary lymphedema, like surgery that involves lymph nodes removal or damage and radiation therapy.

🎯 Signs and symptoms

If you have any of the following signs or symptoms near the area affected by surgery or cancer treatment, it is recommended to seek further medical attention for further assessment:

- Feeling heavy in the affected limb
- Skin in the affected area feels tight
- Hand, foot or ankle in the affected limb is less flexible
- Your clothes or jewelry feel tight in one specific area in the affected limb

📈 Stages

Onset date is hard to predict because not everyone will develop lymphedema after surgery or cancer treatment, and someone may develop immediately afterward or decades later. Lymphedema is graded using the following scale:

- Stage 0 ● No swelling is observed, but the affected limb feels heavy and/or tight.
- Stage I ● Swelling can be observed. It usually gets worse at the end of the day, but then goes away after elevation or in the morning after sleep. When you press your finger on the swollen area, you usually leave a dent for a few seconds (pitting edema).
- Stage II ● Swelling continues to present even after elevation, and the tissue may get harder and thicker (fibrosis). At this stage the risk of getting skin problems like infection gets higher.
- Stage III ● Swelling in the affected limb continues to increase and starts to affect movement; the skin texture may change to very hard or scaly. In some cases, the lymph fluid may leak from the skin.

⊕ Treatment

The extent of treatment for lymphedema varies depending on the stages. For stage 0 and I, elevation, compression garments and exercise are usually used to help control the swelling. However, if the swelling gets worse (i.e. stage II & III), Complete Decongestive Therapy (CDT) is used, usually performed by a certified lymphedema therapist (CLT). CDT includes:

- 1 Skin and nail care
- 2 Manual lymph drainage (MLD)
- 3 Compression therapy
- 4 Exercise
- 5 Self-maintenance

Another treatment option is pneumatic compression pump therapy, but it alone does not replace the whole CDT process.



💡 Living with lymphedema

Lymphedema is a disorder that lasts for a life time; unfortunately there is no complete cure yet, so proper maintenance is the key to minimize the impact of lymphedema to your daily life. There are a few key things to keep in mind:

- 1 Avoid having blood pressure or blood drawn on the affected limb
- 2 Avoid extreme heat, like hot shower or exposed under the sun for prolonged period of time
- 3 Avoid heavy lifting if possible
- 4 Protect your skin from any injury like cuts or scratches, sunburns, and insect bites
- 5 Consult a lymphedema specialist before any air travel and make sure compression garment is worn
- 6 Stay faithful to the self-maintenance techniques to keep the swelling down
- 7 Keep a regular exercise routine to maintain the lymph flow



💰 Donation

Rehabaid Society as a charitable organization, is supported by donation, dedicated to improve the quality of life of people with disabilities. You can give your support through contribution in the following means:

1. Cheque by mail (Cheque payable to REHABAID SOCIETY). Deposit to HSBC (The Hong Kong & Shanghai Banking Corporation Limited -Account No. 004-198-4-013514).
2. PPS (merchant code 9475). Please register your phone number as bill number.
3. For online banking services, please select "Rehabaid Society" from the payee list. Use your phone number as the bill number for donations.
4. Bring the barcode below to any 7-ELEVEN Store to make your donation.

Donations over HK\$100 are tax deductible with receipt.



📞 Service Inquiry and Referral



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