LYMPHEDEMA MANAGEMENT
FREE PAPER

(cont.)

NUTRITHERAPY FOR LYMPHEDEMA
by
ARLETTE J. DINCLAUX

Time: 45 minutes

1. The Anti-Acid Diet
Right chemical balance should be made up of:
- 20 per cent acid-forming foods, and
- 80 per cent alkaline forming foods.
Examples of acid-forming foods.
Examples of alkaline forming foods.
Medicinal benefits of common fruits and vegetables.
Examples.

2. The Herbal Food Therapy
-Anti-carcinoma Compounds from Plants.
-Yang tonic Herbs.
Examples of herbs prescribed by Chinese physicians for treatment of deficiency syndromes.

3. The DO's and The DON'Ts.
Easy-to-follow guidelines on diet and nutrition.

4. Special Foods.
Sources, standard doses, dosage of:
-Vitamins A, B2, B6, B12, C, E, and
-Minerals Zinc, Selenium, Copper.
Use of rich Chlorine food as Lymph cleanser.
Sodium/Potassium balance as waste dissolver.

5. Conclusion

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LPG Systems in the treatment of lymphedema.
A. Leduc*, O. Leduc*. University of Brussels (Belgium).
"Founder President
and "Secretary General of the European Lymphology Group(GEL).

The physical treatment of lymphedema consists in an association of several and different therapeutic modalities in relation with the severity of the lymphatic disorders.
By untreated edema "edematous tissue" is progressively developing.
In these cases we have introduced the LPG Systems device in order to obtain a so-called decrease of the fibrosis of the edema.
Several data were collected: thickness of the skin, local skin temperature and volume of the edema. The data were collected before, during and after treatment.
The first results suggest that the decrease of the skin thickness is directly in relation with an increase of the lymphtransport controlled by means of lymphoscintigraphy investigation.
This work is in progress and results will be proposed during the meeting.

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Intra-arterial injection of lymphocytes during the treatment of lymphoedema

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The authors study the therapeutic effects of the method of kitamura and his colleagues in the treatment of lymphoedema. They analyze the effectiveness of intra-arterial injection of lymphocytes, linked to the permanent compression therapy in the lymphedemas where a fibrosis invades the limb. The have series of 15 patients. It's a simple technique, easy to tolerate.

The clinical improvement is difficult to appreciate but functional improvement is systematic, what ever the etiology of the lymphoedema, might be no recurrence of erysipelas, and better tolerance of the compression therapy.

The results argue in favour of the method. It's probably due to the stimulation of the macrophages in the lymphatic vessels and the macromolecular proteins.

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LYMPHEDEMA MEDICAL OR SURGICAL TREATMENT

Medical therapy with benzopyrones associated to the POLLI,
CAREY-SMITH,LEJU,technics, it seems to be the best kind of treatment for these patients. Surgery, with different tech-nics are done on all world, and the question is which pa-tient and what kind of surgery may be done. Today surgery is indicated in fruitless of medical therapy or to remove excess of thickness or hyperkeratosi or by pass lymphatics obstruction or to diminishes loading of lymphatic sys-tem. From 1988-1994, 167 cases enter our service; 8 of upper limb, and 159 of lower limbs. 145 submitted only medical the-rapy, and 22 cases sent to surgery after medical treatment. We found 45,5% as excellent, 38,3% as regular, 15,7% as worse results after medical treatment; surgical results were 71,4% as excellent, 19,0% as regular and 9,6% as worse respec-tively. About surgery, all patients must be studied with inves-tigations,lymphography,old lymphography, arteriography and non inva-sive technics, that would indicate for us what is the best kind of technic or technics to be employed,associated or not.