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abtitle: Photographic method of comparison in the conservative treatment of lymphedema

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abstract:

The Lymphedema is a chronic condition that evolves and frequently determines the appearance of serious physical disabilities and psychological difficulties.

The most important pathophysiological feature is its upgradeability: lymph edema is characterized by a high protein content; interstitial protein concentration results in a chronic inflammation that causes the development of progressive tissue fibrosis.

This rapid development should be opposed and it must be considered as the endpoint of therapeutic strategy.

The physical treatment decongestive uses: manual lymphatic drainage, pressure pneumatics and multi-layer bandage containing, associated with a second integrated scheme called CPT (combined physical therapy), physical therapy combined.

The combination of these methods has been defined by the International Society of Lymphology that set international guidelines.

The guidelines from the Italian S.I.L. (Italian Society of Lymphology) are based on those of the ISL.

The decongestive treatment will be associated with: low-calorie diet, exercise, isotonic, muscle toning, joint mobilization and debridement, hydrotherapy treatments, and instrumental (ultrasound, etc).

On these lines is set to the treatment of primary and secondary lymphedema in our structure, performing on patients the method LEDUC.

The result is recorded on a personal evaluation sheets. In these tabs shows the patient demographics, the centimeter measurements and photographs of the affected segment before and after treatment with single or double multilayer bandage.

To make a real and reproducible photos without risk of distorting the volume of the segment, we use a method based on the Golden Ratio and Fibonacci numbers.

The results obtained with twice daily bandage (7 / 10 days) proposed by Dr.. J. P. Belgrade are excellent.

International studies have also shown that a therapeutic approach to lymphedema, in case of brief hospitalization and intensive protocol, is able to provide better results than outpatient management of the disease itself.

Our treatment plan is designed to minimize, maximize and improve the appropriateness of therapeutic intervention to improve long-term results.

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