

## RESOURCES & TRAINING

JOBST® offers a wide variety of ready-to-wear and custom-made compression garments to suit patients' needs and lifestyles.

Visit [www.jobstcanada.com](http://www.jobstcanada.com) to learn about our products, promotions, contests and to receive monthly newsletters.

While you're at it, take a few more minutes to browse through the **LymphCommunity** section and find out more about lymphedema and available resources.

### Trainings

Essity offers the possibility to access free online educational webinars covering topics such as compression therapy, lymphedema and wound care.

Visit [www.bsnttraining.ca](http://www.bsnttraining.ca) to register to upcoming events or to watch past webinars

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## LymphEssentials



## What is LymphEssentials?

LymphEssentials is a program aiming to prevent chronic edema that may develop following breast cancer surgery.

Patients who have undergone breast cancer surgery often have a lot to deal with, both physically and psychologically. We help in building a support network for these patients by partnering up with health care professionals and vendors who will work hand in hand to offer optimal treatment solutions.

## Why LymphEssentials?

Patients who had surgery, chemotherapy and/or radiotherapy to the armpit (axilla) may develop lymphedema at some point in their life. This can occur as a result of damage to the lymphatic system. Being proactive can greatly reduce the risk of complications.

LymphEssentials will focus on preventing complications by offering compression solutions, education and support to patients after breast cancer surgery.

Not only will the patients feel safer and informed, they will have less risk of developing chronic edema and wounds.



## How does it work?

### Pre-Op

Patients are directed to a fitter to get baseline measurements of their arm in preparation to have a JOBST® Bella compression armsleeve after the surgery.

### 3 Months Post-Op

- Patients return to fitter to take measurements. Swelling should be decreasing or eliminated.
- If patients have noticeable changes in measurements, the fitter will refer them to a therapist for Manual Lymph Drainage (MLD).