

NEW HOPE



For People With Lymphedema



New Facts

**We have new ways to treat lymphedema
and prevent elephantiasis.**



New Hope

The new lymphedema treatment will

- stop acute attacks,
- make your leg healthier, and
- perhaps prevent elephantiasis.

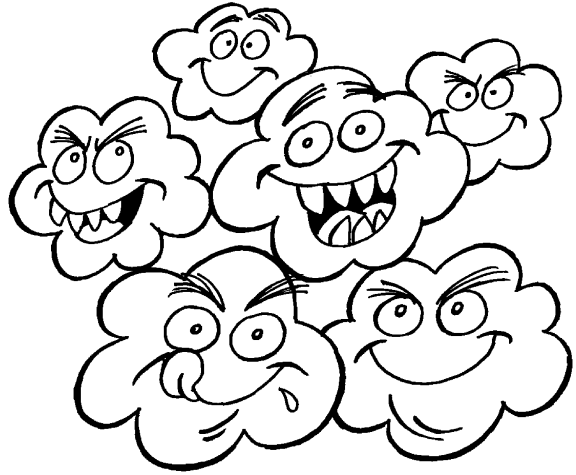


How?

It's all very simple . . .

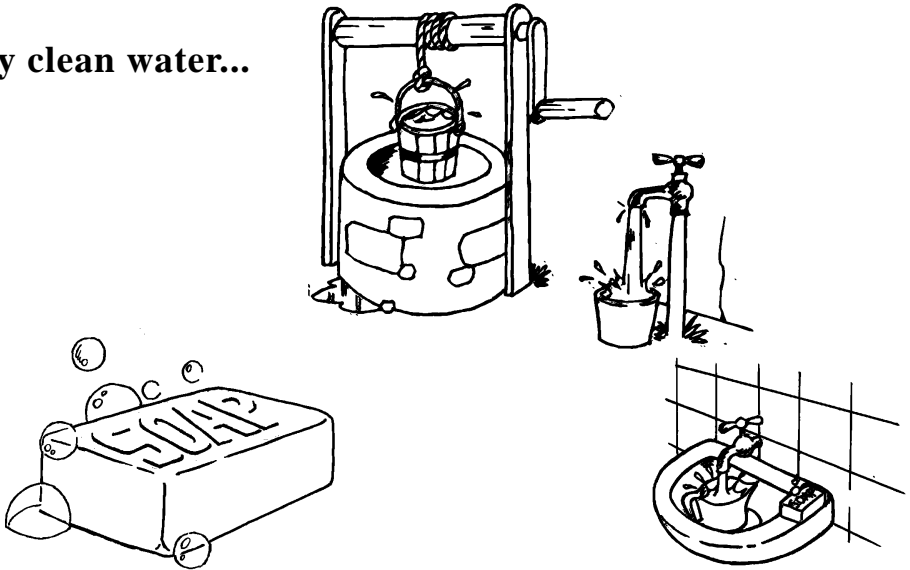
Germs are the enemy

Germs cause acute attacks, but we can fight them.



These are your best weapons against germs

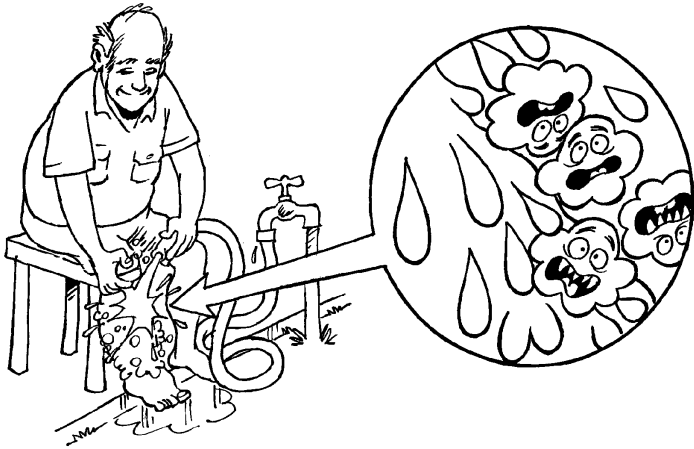
Any clean water...



... and plain soap are your best weapons against germs.

It is easy!

By washing your legs carefully with soap and water you remove dirt and germs.



Even children can do it!



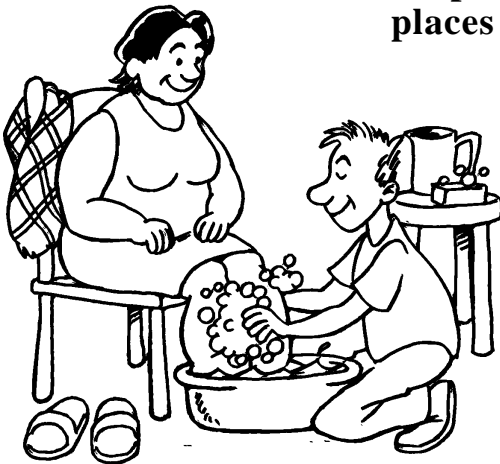
Wash until clean



Wash your leg until the rinse water stays clean.

Some people will need help

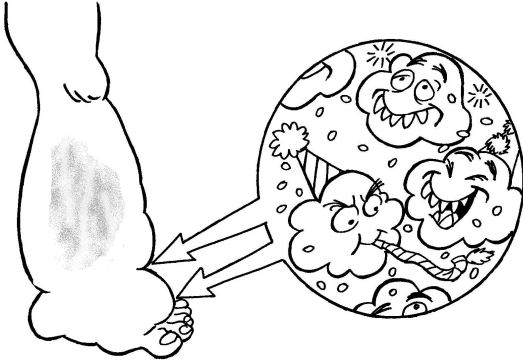
Helpers can sometimes clean places you can't reach.



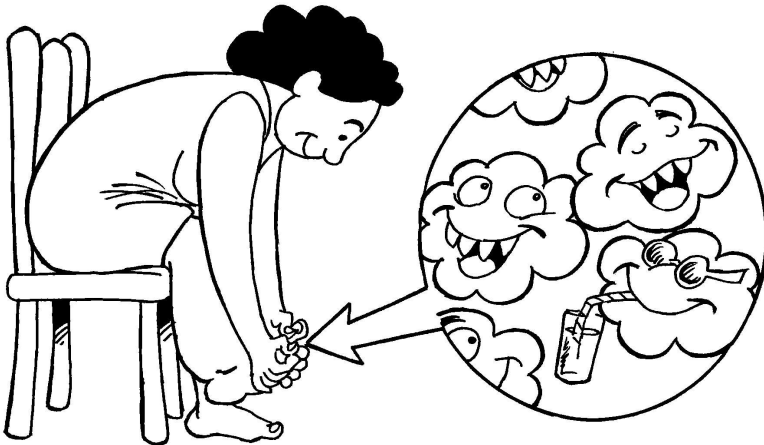
Get help. The germs won't hurt your helper.

Do you have any wounds?

Germs like to grow in warm, moist places. They like to grow between toes and folds of skin.



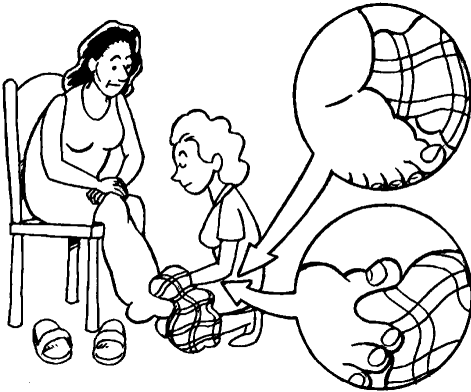
**To find wounds you must search carefully.
To heal them you must wash and dry them well.**



Other areas need to be washed with soap and water too. Men, you should wash your genital area. Women, you should wash your armpits and breasts, especially if you are nursing.

Wait! You're not done yet

**Remember to dry well.
Dry between your toes and
skin folds.**



**If you have wounds, even small ones, use anti-bacterial
cream on them. Rub it in well.**

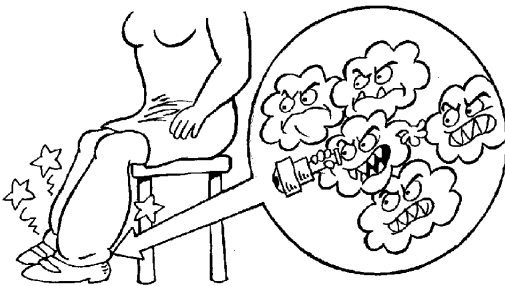
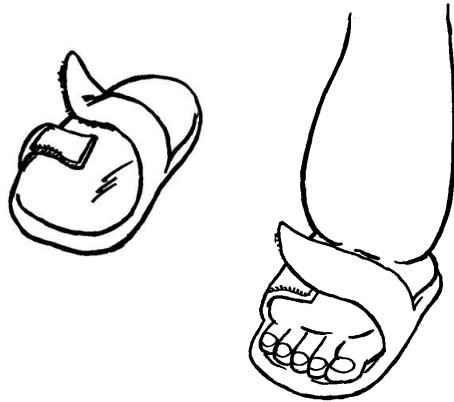


Your other leg needs care too



Wash your other leg in the same way and you may prevent lymphedema in that leg too.

Always wear comfortable shoes



Never wear shoes that hurt your feet. Sore places may let germs into your skin and this can cause an acute attack.

Elevate your leg during the day



Elevate your leg while

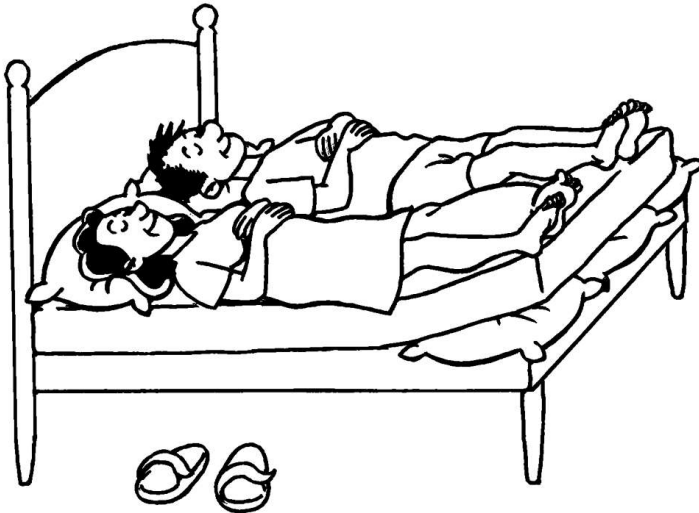
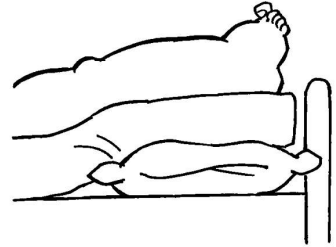
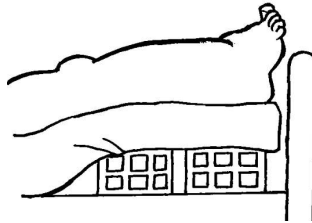
- cooking,
- working,
- feeding your baby,
- eating,
- playing with friends, or
- watching TV.



Elevate your legs at night



When you sleep, raise your feet, at or slightly above chest level, by adjusting your bed. You can put a pillow or blocks under the mattress to raise the bed.



Your partner will benefit too.

Do your exercises wherever you are



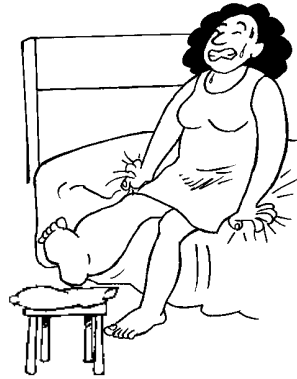
Move your feet back and forth and around in a circle.

Do your exercises as much as you can and as often as you can. Stop when you are tired and start when you are rested.



An acute attack? Don't panic!

An acute attack is painful. It can cause your leg to swell more, and also can cause fever, soreness in your glands, headache, and nausea.



You can relieve your suffering

Cool your leg with cold, clean water. Continue until the pain lessens.



If you have a fever, take medicine for the fever. Drink more water than usual.



Keep washing your legs as usual.



Be careful during an acute attack!

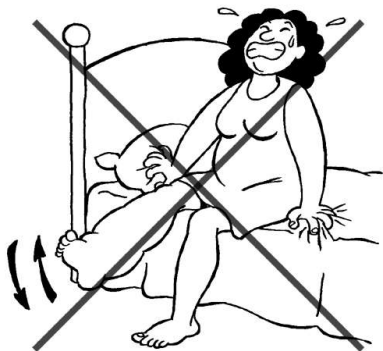
Don't do the following:



Never warm the inflamed area.



**Do not scratch, or cut your skin.
Do not open blisters.**



Do not do the exercises during the acute attack.



Do not use your bandages during the acute attack.

Correct, regular, lifelong care will keep you healthy



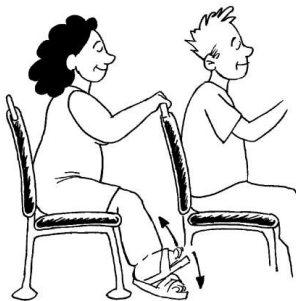
washing



drying



wound care



exercise



elevation



Now, YOU can have a happier life



Produced by
NGO Amaury
Coutinho
and

Division of Parasitic
Diseases, CDC

Written by
Gerusa Dreyer, MD

Collaborators
David Addiss, MD
Ana Maria Aguiar
Julie Bettinger, MPH
Patricia Dreyer
Arnaldo Luiz
Sergio Miguel
Manoel Neves Jr.
Anne Peterson, MD

Correspondence
NGO Amaury
Coutinho

Av. Santos Dumont 333
ap. 1401

Aflitos, Recife, PE,
Brasil, 52050-050

-or-
CDC

Mailstop F-22
Atlanta, GA USA
30341-3724

Web Address
www.dpd.cdc.gov/filariasis