

# CHAPTERS INCLUDE: Lymphedema Risk Reduction, Skin Care, Manual Lymphatic Drainage (MLD), Multilayer Compression Bandaging, Exercise and Lymphedema, Reducing Chronic Inflammation, Supplements, Meal Planning, and Recipes for Lymphedema (including Appetizers, Salads and Dressings; Soups and Chilis; and Mains and Sides)

JEAN LAMANTIA, RD, is a registered dietitian, cancer survivor and bestselling author of *The Essential Cancer Treatment Nutrition Guide & Cookbook*. She provides nutrition counseling in-person and virtually, and is an engaging speaker on the topics of cancer nutrition and lymphedema. Read more about Jean and her services at www.jeanlamantia.com.

ANN DIMENNA, PT, CDT, is a trained physiotherapist with over 15 years of clinical experience, including private practice and home care. She is the Clinical Director of Markham Lymphatic Centre, a multidisciplinary clinic located in Markham, Ontario, and is a regular speaker on the topic of self-management strategies for lymphedema. For more info, please visit www.markhamlymphaticcentre.com.

#### AN ESSENTIAL GUIDE FOR ANYONE EXPERIENCING SYMPTOMS OF LYMPHEDEMA

In The Complete Lymphedema Management and Nutrition Guide, registered dietitian Jean LaMantia and certified lymphedema therapist Ann DiMenna share their expert knowledge of lymphedema, explaining the many different therapeutic approaches and offering nutritional recommendations. Together, they have created the most comprehensive guide for lymphedema management available.

You'll learn about the underlying causes and symptoms of lymphedema, how to reduce your risk of flare-ups, and effective treatments backed by both clinical experience and scientific research. Step-by-step photographs and detailed illustrations offer you guidance on performing self-MLD, putting on compression bandages and exercising safely. And over 50 delicious, satisfying recipes will help you follow a low-salt, low-fat, anti-inflammatory diet. These proven lifestyle adjustments and self-management strategies will help you gain control of your condition, lessen your symptoms and improve the overall quality of your life.



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#### LYMPHEDEMA





## MANAGEMENT AND NUTRITION GUIDE

Empowering
Strategies,
Supporting Recipes
& Therapeutic
Exercises

JEAN LAMANTIA, RD AND ANN DIMENNA, PT, CDT

With foreword by EWA SZUMACHER, MD, FRCP(C), MEd

