

淋巴水腫

Understanding

Lymphoedema



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CANCERFUND

Hong Kong Cancer Fund

Hong Kong Cancer Fund was established in 1987 to provide support, information and care to those living with cancer and to increase awareness and knowledge of cancer in our community.

Our CancerLink Care Centres offer professional support and connect various cancer patient support groups to form an extensive support network for cancer patients and families, offering emotional support and practical assistance to those touched by cancer.

This publication is one in a series of cancer information booklets which discuss different aspects of the disease, including possible treatment, side effects and emotional issues. They are intended to inform the public about available treatment and care. You can also download the information from our website: www.cancer-fund.org.

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Introduction

This booklet has been written to help you understand more about lymphoedema -- the swelling of an arm, leg or another part of the body - due to an abnormal collection of a fluid called lymph in the body tissues. This sometimes happens when part of the lymphatic drainage system has been removed or damaged. An explanation of the lymphatic system and what it does is given in the section below.

Lymphoedema is a fairly common problem. People with certain types of cancer, such as breast cancer, are at risk of developing lymphoedema. The lymphoedema can develop because of radiotherapy, surgery to remove lymph nodes, or the lymph nodes are blocked by cancer. Lymphoedema which has been caused by a disease or treatment is called secondary lymphoedema.

Lymphoedema is not always related to cancer. Occasionally it occurs because the lymphatic system has not formed properly, in this case it is called primary lymphoedema.

Lymphoedema cannot be completely cured, but many things can be done to help to reduce the swelling and discomfort. This booklet describes the treatment, as well as looks into some of the physical and emotional effects of lymphoedema.



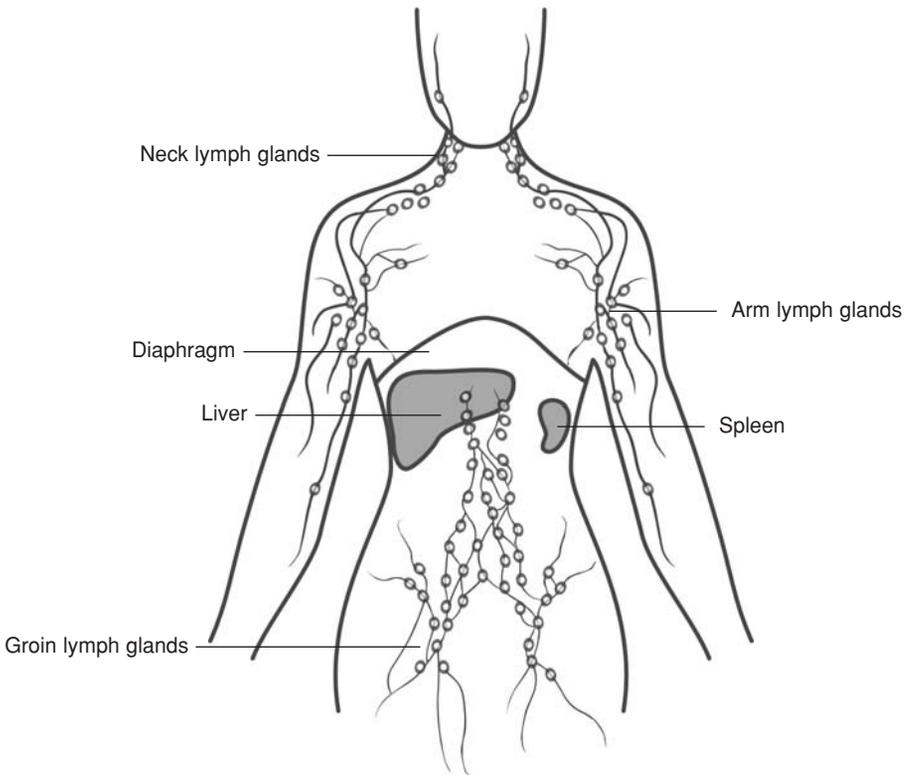
The Lymphatic System

To understand how lymphoedema occurs, it is helpful to know a bit about the lymphatic system.

Your body tissues are bathed in a colourless fluid, containing mostly water and protein. This fluid seeps out of the blood circulation and into the body tissues. Some of this fluid, now called lymph, drains back from the tissues through small tubes called lymph vessels or lymphatics. As they travel through the body, the smallest lymph vessels join together to form larger lymph vessels. Eventually the lymph is filtered through a number of lymph nodes before emptying back into the bloodstream.

Lymph nodes (also called lymph glands) are found throughout your body. They are made of lymphoid tissue which contains specialised cells that can help fight infection and other diseases such as cancer. Lymph nodes vary greatly in size, some being as small as pinheads and others are about the size of baked beans. They also vary in number from person to person and in different parts of the body. In your armpit, for example, there will be about 30-50 small nodes.

The lymphatic system drains away excess body fluid from the tissues. As the lymph flows through them, the lymph nodes collect and filter out anything that the body does not want, such as bacteria, other infectious organisms or cancer cells. Inside the nodes, white blood cells, called lymphocytes, attack and try to break down the unwanted bacteria or cells before they are carried away by the bloodstream and filtered out along with other body waste.



If the lymph nodes trap an infection or cancer, they will usually swell. With infection, the swollen nodes are usually hot, painful and tender to touch. With cancer cells, however, the nodes are often painless and do not cause any discomfort when touched. Any painless swollen node should be checked by your doctor, although the swelling is likely to be caused by something other than cancer.

When a node swells as a result of cancer, it is because the cancer cells trapped by its 'filter system' continue to divide and produce new cells within the node. The cancer may have started in the lymphatic system, in this case it is called a lymphoma. In other cases, the cancer cells may have spread from a cancer in another part of the body such as the breast, prostate or bowel.



What is Lymphoedema?

If a lymph channel becomes blocked, perhaps by a tumour or because of damage caused by radiotherapy or surgery, the lymph fluid is unable to pass along the lymph vessel. Excess tissue fluid builds up and causes swelling, because it is unable to drain away through the lymph vessels as it normally would. The medical term for swelling is oedema (pronounced edema)-- which gives rise to the name lymphoedema. The degree of swelling will depend on the number of nodes and vessels which have become obstructed or damaged.

Another cause of lymphoedema is the removal of lymph nodes by surgery. Surgery or radiotherapy on their own are less likely to result in lymphoedema than if they are both given together to the same area -- for example, when lymph nodes are removed from the armpit during surgery for breast cancer and the area is then treated with radiotherapy. Only a minority of people who have radiotherapy to the lymph nodes will develop lymphoedema. Among those who do develop it, many will experience only mild swelling.

Lymphoedema can develop in the arm after breast cancer treatment to the armpit. If cancer or treatment affect nodes in the groin area, then it can occur in the leg. The affected arm or leg may become swollen, stiff, uncomfortable and awkward to

move, making daily activities like dressing difficult. It can develop over weeks, months or even years after cancer treatment and it is difficult to predict who will be affected.

Although lymphoedema is usually found in an arm or leg, other parts of the body can also become swollen. There may be swelling of the trunk (chest or abdomen) or groin and more rarely facial swelling if nearby lymph nodes are affected.

It is not possible to replace lymph nodes that have been removed or lymphatic vessels which have been damaged. Once lymphoedema has developed, it cannot be cured permanently. However, it can usually be reduced and controlled. The various methods which can help control or reduce the effects of lymphoedema are described in the following parts of this booklet.



How will Lymphoedema affect you?

Lymphoedema can affect you in a variety of ways. Your doctor or nurse from the hospital team will know your medical history and is therefore the best person to tell you that if a problem you are having is caused by lymphoedema or some other condition.

Lymphoedema may cause the following symptoms in the affected area:

- Swelling
- Heavy or full sensation
- Tightness and stretching of the skin
- Reduced movement of the joints
- Thickening and dryness of the skin
- Discomfort and pain

You may first realise you have swelling in an arm, for example, because your rings or watch feel tighter than usual. The swelling can also cause clothing to feel tight and uncomfortable.

Rarely, in more severe lymphoedema the skin may become broken and the colourless lymph can leak out onto the surface. This is because too much fluid is building up in the tissues. However, it is important to remember that most people with lymphoedema only have mild symptoms. .



Can you prevent Lymphoedema?

If you have had either a radiotherapy to your groin or armpit, or a surgery to have lymph nodes removed, you are at an increased risk of developing lymphoedema. You can help to prevent this happening by trying not to put too much strain on your lymphatic system. This means you should try to avoid infection or inflammation in the treated area. So, you need to avoid cuts or grazes if at all possible. Following the tips on skin care should help you in minimizing your risk.

Skin care

Good skin care plays a vital part in the treatment of lymphoedema. Any break in the skin, however small, can be an entry site for germs. The protein-rich fluid in the swollen area acts as an ideal breeding ground for bacteria. If you develop an infection, the swollen part becomes red, hot and very painful. You will feel generally unwell and may lose your appetite. Antibiotics are usually needed to clear it up and they should be started immediately. It is important to stop all lymphoedema treatment and rest the swollen part in a supported, comfortable position so that the hand or foot is not hanging downwards.

Severe lymphoedema can cause the skin to become thickened and scaly. This increases the risk of breaks in the skin. However, good moisturising can prevent this. You can get suitable creams on prescription from your doctor if you need them.

Listed below are some simple tips which might be helpful for the caring for your skin.

■ ***Preventing damage and reducing the risk of infection:***

- ✓ Do not have blood samples or your blood pressure taken on your affected limb or arm.
- ✓ Treat even small grazes and cuts straight away. Wash the area thoroughly and cover it if necessary. See your GP as soon as possible if you develop any signs of infection around the cut, e.g. redness, heat or inflammation.
- ✓ Moisturise your skin every day by gently smoothing in non-perfumed cream or oil. This helps the skin to remain supple and in good condition.
- ✓ Do not have your bath or shower too hot because it will increase swelling. Avoid saunas, steam rooms and sun beds.
- ✓ Do not sit too close to a fire or other direct heat.

- ✓ Wear gloves for washing up and doing other household tasks to avoid cuts.
- ✓ Wear gloves and long-sleeved clothing when handling animals or gardening so that you do not get scratched.
- ✓ Use insect repellants to prevent insect bites. If you are stung, seek medical advice.
- ✓ Use a thimble when sewing.
- ✓ Avoid sunburn.
- ✓ To avoid cuts, use an electric razor when shaving hair from the swollen area or use a hair removal cream.
- ✓ Cut your nails with nail clippers and use hand cream regularly. Never push back or cut your cuticles.
- ✓ Use anti-fungal cream to prevent athlete's foot.
- ✓ See a chiropodist for foot and nail care if you need extra help and let him or her know you have lymphoedema. Make sure you wear well-fitting shoes



Treatment

The aim of treatment for lymphoedema is to relieve discomfort by reducing swelling and to prevent further build-up of fluid.

Six main types of therapy:

1. Compression sleeves, stockings or compression bandages
2. Exercises
3. Massage
4. Deep breathing exercises
5. Compression pumps
5. Surgery

The therapies (except surgery) need to be done every day to achieve the best results. You will be shown how to carry them out for yourself at home.

There is a great deal that can be done to help lymphoedema, but it is a long-term problem. Although the swelling can usually be reduced, there is always a risk of its returning. It may take several weeks or months before you notice any real improvement in the swelling, but an affected limb should become easier to move within a few weeks.

1a. Compression sleeves and stockings

This is an important way of controlling swelling. The sleeve or stocking works by compressing the swollen tissues and preventing fluid from building up. The support it provides allows the muscles to pump fluid away more effectively. The garments are designed so that more pressure is applied around the lower part of the limb to encourage the fluid to drain.

Compression garments must be properly measured and fitted. If the sleeve or stocking is too tight, the blood flow to the limb will be restricted. If your sleeve or stocking causes pins and needles, pain, or a change in colour of your fingers or toes, it is too tight. Remove the garment as soon as you notice any of these signs and ask for advice from the person who supplied it to you. A sleeve or stocking that is too loose will not control swelling and will need to be refitted. Ask for advice from your lymphoedema specialist.

A compression sleeve or stocking should be worn all day but can usually be removed at night when you are lying down and resting. If you are travelling a long distance, especially by air, you should be sure to wear your compression garment for the full length of the journey and for some hours afterwards.

Your surgeon or lymphoedema specialist can prescribe compression garments for you. In many hospitals they are available from the breast care nurse or surgical appliances department.

Stockings or sleeves should not be used on very swollen limbs or where the skin is pitted or folded as this can be harmful and will not help the swelling to go down. The material can form tight bands across the skin and even damage it. If in doubt, ask your doctor, breast care nurse or therapist for advice.

■ *Helpful hints for putting on a compression sleeve or stocking*

- ✓ Keep your nails short, and remove all jewellery when applying or removing the garment
- ✓ Try to put it on first thing in the morning, preferably before getting out of bed or as soon as possible at the start of your day.
- ✓ Start by turning the stocking or sleeve inside out as far as the wrist or heel. Pull the garment over your hand or foot and ease it up -- a bit at a time -- making sure you do not pull it up by the top of the garment. Do not turn or roll the top over because this will restrict the blood flow and cause further swelling.
- ✓ Household rubber gloves may help when putting on your

compression garment. It also helps to hold onto something (so that you have something to pull against) when pulling the sleeve up your arm.

- ✓ If you are having difficulty putting it on apply a little unperfumed talc to your arm or leg before fitting.
- ✓ Ensure there are no wrinkles or creases in the material when your garment is on.
- ✓ You may need to wear an overlapping mitten along with your sleeve if you have swelling in your hand.
- ✓ Do not try to put the sleeve on straight after a bath, as the dampness will make it very difficult to get on.
- ✓ Moisturise your skin with cream at night after you have removed your garment rather than in the morning, because the cream would make the sleeve or stocking very difficult to put on.
- ✓ Make sure the material is spread evenly along the length of the sleeve or stocking. You should be supplied with at least two garments so you can have one in the wash. The manufacturer will supply washing instructions. Sleeves and stockings when wear on alternate days, will last up to six months. If your sleeve or stocking no longer fits properly, contact your nurse or therapist.

1b. Compression bandages

If your arm or leg is very swollen or misshapen, it may be difficult to fit a compression sleeve or stocking. In this case, elastic bandages are used as the first part of treatment. A nurse or physiotherapist usually applies these daily. It may take two or three weeks of bandaging before it is possible to fit a compression sleeve or stocking. Massage and bandaging are often combined with exercises and skin care to reduce the size of a badly swollen limb.

2. Exercises

Gentle exercises play a vital part in your programme of self care. Your exercises will have more effect if they are done when you are wearing your sleeve or stocking. Exercises will help you in three ways:

- To help drain away lymph and reduce swelling
- To maintain or improve flexibility in your joints
- To improve your posture

However, too much exercise can increase swelling. If you are overdoing it, your skin will become reddened, sticky and hot. Exercises for lymphoedema should always be gentle and feel comfortable. Do your exercises slowly and regularly.

Do not forget that many daily tasks can be thought of as exercise. Carrying too much weight with your affected arm can increase swelling, so bear this in mind when carrying handbags, luggage or shopping. Prolonged periods of exercise and activity can also increase the swelling. Try to break up long and busy days with periods of resting with your limb supported.

It is a good idea to discuss the types of exercise that will help you with your lymphoedema therapist or nurse. If any exercise causes you to be more breathless, increases your discomfort or seems to result in further swelling, stop doing that exercise and seek professional advice.

Here are some simple exercises for arm swelling:

- a.** Sit comfortably and support your arm at shoulder height on pillows. Make a fist and then stretch your fingers out straight. Repeat this exercise as many times as feels comfortable.
- b.** With your arm supported, try bending and straightening your arm at the elbow. Watch your posture, and check in a mirror that your shoulders are level.
- c.** Practice shrugging and then dropping your shoulders. Circle your shoulders in one direction and then the other.

Exercises for leg swelling:

- a.** Sitting with your leg up, making sure it is supported behind the knee. Move your feet at the ankle so as to pull your toes

up and then point them down

b. Bend and straighten your leg at the knee

There are many other exercises that may help you. What is right for you depends on your agility and general condition.

If you have lymphoedema, it is very important to seek help from your lymphoedema specialist or therapist before starting an exercise programme.

3. Massage

Massage is an important part of the treatment of lymphoedema. For it to be effective in treating lymphoedema, it is important to use the correct technique. The aim of massage is to stimulate or move the excess fluid away from the swollen area so that it can drain away normally. A very specialised form of massage called manual lymphatic drainage (MLD) is used to do this. Simple lymphatic drainage (SLD) is a modified form of MLD that you can be taught to do for yourself.

a.MLD

This differs from ordinary massage -- it is very gentle and performed to encourage movement of lymph in the right direction. As this is a specialised form of massage, it should

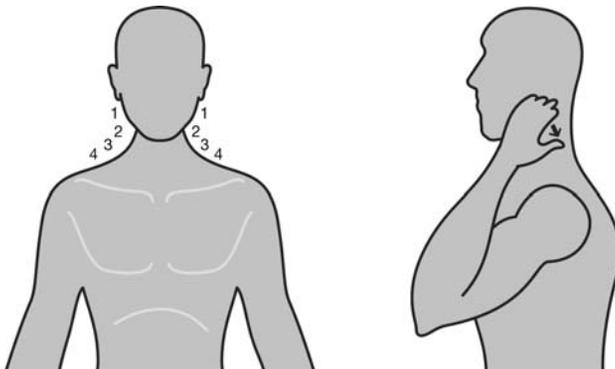
be given only by a trained therapist. There are four different techniques and therapists should be trained in at least one of these.

MLD is particularly useful if there is swelling in the face, breast, abdomen, genitals or elsewhere on the trunk.

b.SLD

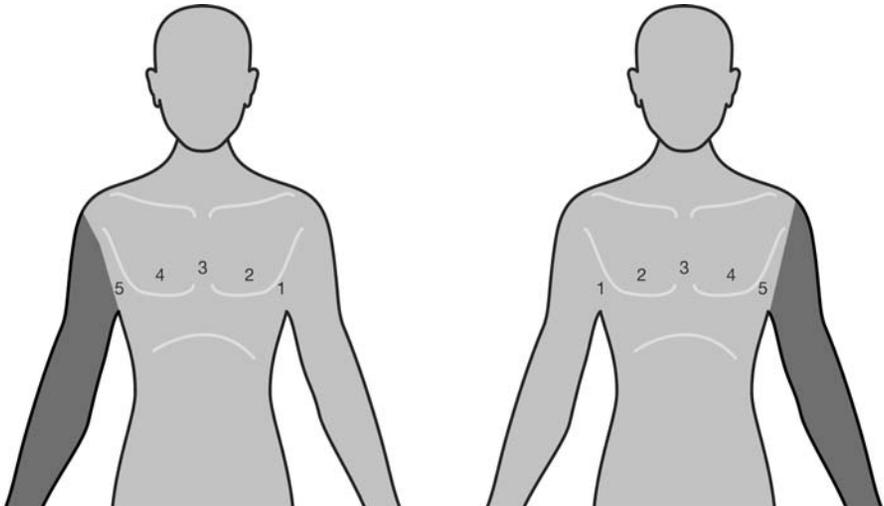
You can do a simplified version of MLD yourself at home, called simple lymphatic drainage (SLD). SLD is done by using your fingers very gently to move the skin in a particular direction. If you find that the skin is red when you have finished, then the movement is too hard. It is often easier if your partner or a friend also learns the technique, so that he or she can help you in any areas you can not reach. Your physiotherapist or nurse will be able to show you or your partner the technique. The diagrams and explanations on the following pages should be able to help.

Massage 1 -- for both arm swelling



- Place your fingers, relaxed, on either side of your neck at position 1.
- Gently move the skin in a downwards direction, towards the back of your neck.
- Repeat 10 times at position 1, 2 and 3.
- At position 4 (the dip behind the collar bone) use a gentle inward scooping movement towards the top of your breast bone (where the collarbones meet)
- Repeat 5 times.

Massage 2 - for swelling of one arm



The aim of this massage is to stimulate the lymph channels on the trunk to clear the way ahead so excess fluid can drain away.

The skin is always moved towards the non-swollen side. You will find it easier to start with one hand, and then swap to the other as you move across the body.

- Starting at the armpit on the non-swollen side (position 1), use light pressure to gently stretch the skin up into the armpit. Your hand should be flat and not slide over the skin. Repeat 10 times.
- Next, at position 2, use a light push to stretch the skin towards the non-swollen side, with a slow and gentle rhythm. Repeat 5 times.
- Repeat the same movements at position 3.
- Swap hands, and repeat the movements 5 more times at position 3 with your other hand, as this position is very important for lymphatic drainage. This time, the movement with your fingers is a light pull to move the skin to the non-swollen armpit.
- Repeat movements 5 times at position 4, then 5.

Massage 3 - for swelling of one leg



The aim of this massage is to clear a path ahead of the affected leg to allow excess fluid to drain away.

- Starting at the armpit on the same side as your affected leg (position 1), use light pressure to stretch the skin up gently into the armpit. Your hand should be flat and not slide over the skin. Repeat 5 times.
- Repeat 5 times each at chest level (position 2), waist level (position 3), then at your lower abdomen (position 4). Each time you will be gently pushing the skin up to the armpit on the same side as the swelling.

You must be properly taught in these techniques before you start. These diagrams are intended as a guide only when you are doing your SLD

Hand-held massagers

Hand-held massagers are particularly useful for people who have restricted movement of their hands, perhaps due to arthritis. They are available at most large chemists and some electrical shops. As with all SLD techniques, a light touch is necessary. Massagers should never be used to press down on the skin. If you do this, you will obstruct your lymphatic channels and so the massage will not help lymph drainage. Hand-held massagers can be quite heavy to hold for the required length of time. You may need your partner or a friend to help you.

Talk to your doctor or lymphoedema specialist before using a massager. It can be used to apply gentle pressure in the same sequence of movements as the exercises on the previous pages.

Guidelines for using a hand-held massager:

- Use for at least 15 minutes a day
- Use the lowest setting and a dimpled head
- Do not use oils or creams with the massager

- Do not use the heat setting. If possible, get a massager without a heat pad, as these are lighter and easier to use
- Use a gentle, circular movement, following the sequences of movement described earlier .
- Avoid massaging abnormal or broken skin

4. Deep breathing exercises

Before and after SLD, breathing exercises can help to stimulate lymphatic drainage. Use the following simple exercises: .

- Sit in a comfortable chair or lie on your bed with your knees slightly bent. Rest your hands on your abdomen
- Take deep breaths to relax
- As you breathe in -- direct the air down to your abdomen, which you will feel your abdomen rising under your hands
- Breathe out slowly by 'sighing' the air out. While breathing out let your abdomen relax again

Do the deep breathing exercises five times and then have a short rest before getting up.

5. Compression pumps

Compression pumps are needed by only a few people with

lymphoedema. They can be used as part of the treatment programme to help with certain sorts of swelling. You will be shown how to use the pump beforehand and your physiotherapist or nurse will be able to answer any questions you have about it.

Before you use the pump, it is very important to carry out SLD or have MLD to your trunk and at the root of the affected limb. This is to drain lymph from these areas before the pump moves more fluid out of your affected limb.

The pump operates by electricity from the mains, and is made up of a power unit and an inflatable sleeve, into which you place your arm or leg. Various sizes of sleeve are available. When you switch on, the sleeve will gradually pump up for a few minutes, then deflate for a few minutes. Low pressures are always used (never more than 40mm Hg). Do not use higher pressures than this, as it will not help to reduce the swelling and can make it worse.

While you are using the pump you should remove your compression garment, but put it back on as soon as you have finished.

■ *Hints for using a pump*

- ✓ Do not use the pump if you have an infection or swelling (inflammation) in the affected limb. .

- ✓ When using the pump, support your arm or leg on the arm of your chair or rest your leg up on the settee or bed. This will help with drainage.
- ✓ If you feel pain -- stop and consult your doctor.
- ✓ Watch for any increase in swelling or thickening at the top of the limb where the pump sleeve stops. If this happens, ask for advice.

6. Surgery

It is rare for surgery to be used for lymphoedema, although it can be useful for swelling around the face or genitals. Surgery to an affected arm or leg will not mean that you can do without the other forms of treatment described in this booklet. You will need to continue with these treatments after your operation.



Diet

If you are overweight, your swelling is going to be far more difficult to treat. You will find that if you gain weight, your swollen limb will become more of a problem. Sleeves or stockings will not fit as well or be as effective. For these reasons, it is helpful to keep your weight within the normal range for your height if you can. If you would like to have advice on diets or healthy eating, your hospital dietician, or practice nurse may be able to help.

Some people find that certain foods, such as spicy foods, can cause an increase in swelling, other people have found the same with alcohol.



Follow-up

It is important to have regular check-ups with your doctor so that you can see what progress is being made. Measurements of your arm or leg will be taken and any change in size will be recorded. You may find it helpful to keep your own progress chart. Progress may be slow, particularly at first, but there should be a noticeable improvement in the limb after a few weeks. If you are worried about any aspects of your treatment, discuss it with your doctor, nurse or physiotherapist.



Your feelings

Having lymphoedema may bring about a variety of feelings, which arise not only from the discomfort of the condition itself but also from the cancer and its treatment which caused the lymphoedema to develop.

Embarrassment

The swelling may be a constant reminder to you that you have had treatment for cancer -- something you perhaps had hoped to forget as much as possible. If the swelling is severe, you may feel embarrassed and self-conscious about it. Try not to shut yourself away. Almost certainly, the swelling is more noticeable to you than it is to others. If you are nervous about going out in public at first, ask someone you know to come with you. You will probably find that no one makes an issue of your lymphoedema, let alone an unkind remark. But if they do, remember their bad manners are their problem, not yours.

If you have very obvious swelling, some people will inevitably be curious, especially children. Many people find it helpful to rehearse what they will say in such situations. Your lymphoedema therapist or nurse may be able to help you plan and practice your responses. If you want, you may prefer to talk about

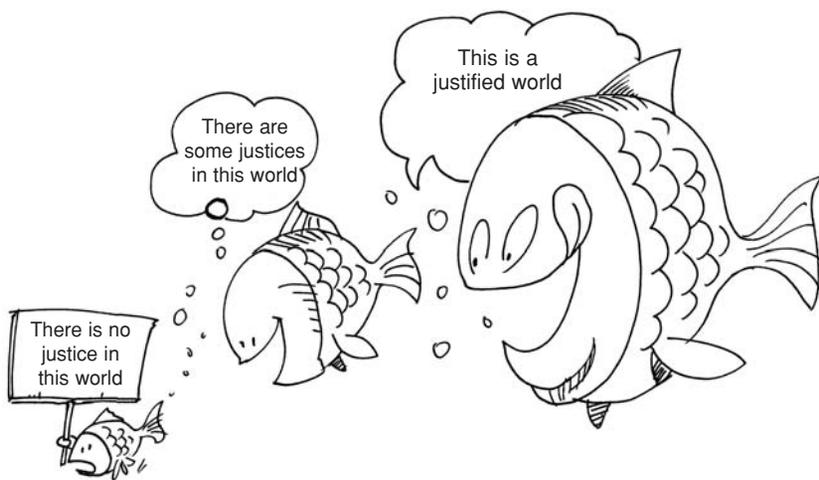
it with other people who have lymphoedema. You could decide how much you wish to say about your condition, whether to refer to your cancer or treatment. Once you have a prepared response, you are less likely to be thrown by any remark or question directed to you. You may even find yourself proactively helping others to overcome any awkwardness they may feel.



As your lymphoedema becomes more under control, and as you get more used to it, you will almost certainly find that your feelings of embarrassment lessen. You will probably realise that true friends care for you because of the person you are, not for your appearance, and this will increase your self-confidence and make you feel more in control of your life.

Anger

You may be feeling very angry that you have to deal with the burden and inconvenience of lymphoedema. You may have been expecting to be feeling well again and leading a normal life. If your lymphoedema began shortly after your cancer treatment, it may seem like the last straw, on top of all the physical and emotional upheaval caused by having cancer. It is quite natural for you to feel angry about it, you may find the anger becomes less as you become accustomed to the daily treatment routine and the swelling begins to respond to the treatment.



Resentment

Having lymphoedema requires extra effort in taking care of yourself. Following your treatment routine can take up a lot of time. You may feel resentful about this, especially if others around you seem free to get on with their daily lives.

Try not to bottle up your feelings but talk to those close to you about how you feel. By talking with others, you may come up with ways in which they can help. For example, someone could learn to carry out SLD to your arm or leg, give you lifts to your treatment centre or perhaps do the shopping, so that you are not tempted to carry heavy loads.

Once you have become accustomed to the routine of treating your lymphoedema and following the guidelines for controlling it, you will probably find it less of a burden and feel more able to enjoy your normal activities.

Some people find the swelling eases within a short time, while in others, it can take many months, but do not give up - there is nearly always some improvement with treatment.

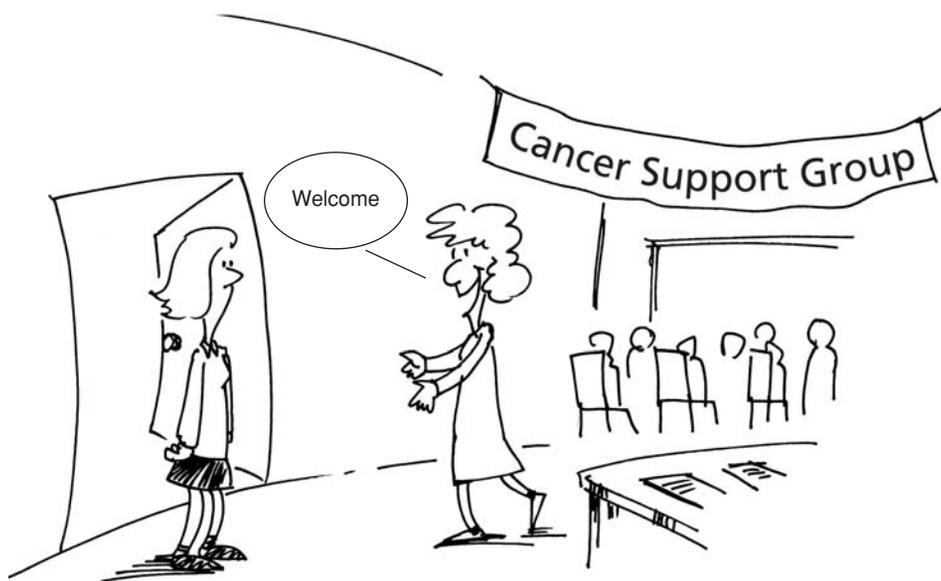
Depression

Lymphoedema is an ongoing problem and at times you are likely to feel depressed about your situation. You may find it helpful to talk to other people who are living with lymphoedema and the lymphoedema nurses can give you information about support groups.



Who can help?

The most important thing to remember is that there are people available to help you and your family. Often it is easier to talk to someone who is not directly involved with your illness. You may find it helpful to talk to a counsellor who is specially trained to offer support and advice. Many people also find great comfort in their religion at this time. Hong Kong Cancer Fund is always willing to discuss any problems that you might have and we can put you in touch with a counsellor or a support group.



Hong Kong Cancer Fund Service Network

Our six “Cancer Patients’ Resource Centres” in major public hospitals and the two CancerLinks Support Centres in the community provide free counselling, support and information to those in need. Together they form a seamless service network that meet the needs of those living with cancer at different stages of their cancer journey. For directory, please see page 39.

■ *Cancer Patients’ Resource Centres*

There are altogether six Cancer Patients’ Resource Centres within the oncology departments of the major public hospitals. They are often the first point of contact for support and information after a diagnosis. The centres provide cancer information, emotional support, counselling and guidance to those in need.

■ *CancerLinks*

We have two care centres outside the hospital setting which cater to the specific needs of cancer patients throughout different stages of their diagnosis. CancerLink Central offers a well designed holistic rehabilitation programme which emphasizes individual needs while CancerLink Wong Tai Sin is the home to 14 support groups and is the centre for peer sharing and group activities.

Care specialists including registered social workers, oncology nurses, counsellors and therapists are on board to provide support, information and specialised services.

Programmes in our care centres are carefully designed to meet different needs. Private and group counselling are conducted by registered professionals to help patients and families deal with different emotional aspects during their course of treatment. There are also courses to develop coping skills, relaxation classes to help relieve mental and physical stress, and peer support groups for experience sharing. There is also a well-stocked library in each centre, with rehabilitation equipment ready for use or loan.

Whether you are seeking self-help information or group support, choices are always available.

■ **Hotline**

Our hotline receives thousands of calls every year. It is supervised by professionals who share and give advice on both physical and emotional difficulties faced by patients and their families. Talking with someone who understands can make a huge difference.

Hotline : 3656 0800





Appendix

Hong Kong Cancer Fund Support Network

CancerLink Care Centres

CancerLink Central

Unit 3, G/F., The Center, 99 Queen's Road Central, Hong Kong
Tel: 3667 3000 Fax: 3667 3100 Email: canlinkcentral@hkcf.org

CancerLink Wong Tai Sin

Unit 2-8, G/F., Wing C, Lung Cheong House, Lower Wong Tai Sin Estate, Kowloon
Hotline: 3656 0800 Tel: 3656 0700 Fax: 3656 0900 Email: canlink@hkcf.org

CanSurvive (English-speaking Support Group)

Tel: 2868 0780 Hotline: 2328 2202 Fax: 2524 9023

Pamela Youde Nethersole Eastern Hospital

Cancer Patients' Resource Centre

Level L1, Radiotherapy & Oncology Department, 3 Lok Man Road, Chai Wan, Hong Kong
Tel: 2595 4165 Fax: 2557 1005

Queen Mary Hospital

Cancer Centre

2/F., Professors' Block, 102 Pokfulam Road, Hong Kong
Tel: 2855 3725 Fax: 2855 3901

Prince of Wales Hospital

Cancer Patients' Resource Centre

3/F., Sir Yue Kong Pao Cancer Centre, 30-32 Ngan Shing Street, Shatin, NT
Tel: 2632 4030 Fax: 2636 4752

Queen Elizabeth Hospital

Cancer Patients' Resource Centre

Room 601, Block R, 30 Gascoigne Road, Kowloon
Tel: 2958 5393 Fax: 2332 458

Tuen Mun Hospital

Cancer Patients' Resource Centre

Tsing Chung Koon Road, Tuen Mun, NT
Tel: 2468 5045 Fax: 2455 7449

Princess Margaret Hospital

Cancer Patients' Resource Centre

2/F. & 3/F., Block H, 2-10 Princess Margaret Hospital Road, Lai Chi Kok, Kowloon

Kwong Wah Hospital

The Breast Centre

Department of Surgery
1/F., South Wing, 25 Waterloo Road, Kowloon
Tel/Fax: 3517 5240

Other Helpful Organizations in Hong Kong

Social Welfare Department

Hotline: 2343 2255

Rehabaid Centre

Tel: 2364 2345 Fax: 2764 5038

The Samaritans

(24-hour Multi-Lingual Suicide Prevention Hotline)

Tel: 2896 0000 (English) 2382 0000 (Chinese)

Domestic Helpers

(via The HK Council of Social Service)

Tel: 2864 2857 Fax: 2865 4916

The Chain of Charity Movement

Community Support & Escorting Service

(can arrange visits, transportation to hospitals and shopping etc.)

Tel: 2560 6299 Fax: 2777 2269

Government Ambulance Service

Tel: 2735 3355

Easy Access Bus

(can arrange visits, transportation to & from hospitals / clinics for those 60 or above with movement difficulties)

Tel: 2348 0608

St. John Ambulance (24-hour service)

Tel: 2576 6555 (Hong Kong) 2713 5555 (Kowloon)

The Jessie and Thomas Tam Centre

(to provide bereavement counselling service)

Tel: 2725 7693 Fax: 2304 2277

Comfort Care Concern Group

(to provide bereavement counselling for terminally-ill patients and their families)

Tel: 2361 6606 Fax: 2361 6294

Society for the Promotion of Hospice Care

(Provide bereavement counselling service)

Tel: 2868 1211 Fax: 2530 3290

Website: www.hospicecare.org.hk

Publications by Hong Kong Cancer Fund

UNDERSTANDING SERIES

No. Title

- 01 Bladder Cancer
- 02 Bowel Cancer
- 03 Brain Tumor
- 04 Breast Cancer
- 05 Cervical Cancer
- 06 Chemotherapy
- 07 Hodgkin's Disease
- 08 Hysterectomy
- 09 Larynx Cancer
- 10 Liver Cancer
- 11 Lung Cancer
- 12 Lymphoedema
- 13 Mouth & Throat Cancer
- 14 Nasopharyngeal Carinoma
- 15 Non-Hodgkin's Lymphomas
- 16 Oesophagus Cancer
- 17 Prostate Cancer
- 18 Radiotherapy
- 19 Stomach Cancer
- 20 Thyroid Cancer
- 21 Uterus Cancer

HOW TO COPE SERIES

No. Title

- 01 Breast Care after Surgery
- 02 Cancer and Complementary Therapies
- 03 Coping at Home: Caring for someone with advanced cancer
- 04 Coping with Cancer
- 05 Diet and Cancer
- 06 Hair Loss
- 07 Pain and other Symptoms of Cancer
- 08 Sexuality and Cancer
- 09 Talking to Someone with Cancer
- 10 What Do I Tell the Children
- 11 When Cancer Comes Back
- 12 When Someone In Your Family Has Cancer

Please call 3667 3000 to request your free English booklet.

I would like to help

I want to support the production of the cancer booklets by giving a **monthly donation** of

HK \$500 HK \$300 HK \$200 HK \$100

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I want to give a one-off donation of :

HK \$2,000 HK \$1,000 HK \$500 HK \$300

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Card No.: _____

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Card Holder's Signature: _____



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Please complete the form in BLOCK LETTERS and return to us by post to The Hong Kong Cancer Fund, Room 2501, Kinwick Centre, 32 Hollywood Road, Central, Hong Kong, or fax the form to 2524 9023.

All donations of HK\$100 or above are tax deductible. All information collected will be treated with strict confidence and for internal use only.