

novant health lymphedema clinic

novant health lymphedema clinic provides specialized care for individuals affected by lymphedema, a chronic condition characterized by swelling due to lymphatic fluid buildup. This clinic offers comprehensive evaluation, diagnosis, and management strategies tailored to each patient's unique needs. Utilizing advanced treatment modalities, certified therapists, and personalized care plans, the Novant Health Lymphedema Clinic aims to improve quality of life and reduce the symptoms associated with lymphedema. In this article, we will explore the services offered, the importance of early diagnosis, treatment options, and patient support resources available at the Novant Health Lymphedema Clinic. Whether you are newly diagnosed or seeking ongoing management, understanding the clinic's approach will help patients and caregivers make informed decisions. The following sections provide an in-depth overview of the clinic's offerings and expertise.

- About Novant Health Lymphedema Clinic
- Causes and Symptoms of Lymphedema
- Diagnostic Procedures
- Treatment and Management Options
- Patient Support and Education

About Novant Health Lymphedema Clinic

The Novant Health Lymphedema Clinic is a dedicated facility within the Novant Health system focused on diagnosing and managing lymphedema. Staffed by board-certified lymphedema therapists and healthcare professionals, the clinic offers multidisciplinary care that integrates physical therapy, medical evaluation, and patient education. The clinic's mission is to provide evidence-based treatments that address the complexities of lymphatic disorders.

Specialized Staff and Expertise

The clinic employs certified lymphedema therapists trained in Complete Decongestive Therapy (CDT) and other advanced techniques. These professionals collaborate with physicians, nurses, and other specialists to deliver coordinated care. The team's expertise ensures accurate assessment and customized treatment plans that cater to both primary and secondary lymphedema cases.

Facilities and Technology

Equipped with state-of-the-art diagnostic tools and therapeutic equipment, the Novant Health Lymphedema Clinic provides comprehensive evaluation and effective treatment. Technologies such as bioimpedance spectroscopy and lymphoscintigraphy may be utilized for precise diagnosis and

monitoring of disease progression.

Causes and Symptoms of Lymphedema

Lymphedema results from impaired lymphatic drainage leading to fluid accumulation and swelling, commonly in the arms or legs. Understanding the underlying causes and recognizing early symptoms are crucial for timely intervention at the Novant Health Lymphedema Clinic.

Primary and Secondary Lymphedema

Primary lymphedema is a rare, inherited condition caused by malformations in the lymphatic system. Secondary lymphedema is more common and typically arises due to damage or obstruction caused by surgery, radiation therapy, infection, or trauma. The clinic provides thorough evaluations to distinguish between these types and tailor treatment accordingly.

Common Symptoms

Patients may experience:

- Swelling in extremities or other body parts
- A feeling of heaviness or tightness
- Restricted range of motion
- Recurring infections or skin changes
- Discomfort or aching sensations

Diagnostic Procedures

Accurate diagnosis is essential for effective management of lymphedema. The Novant Health Lymphedema Clinic employs comprehensive diagnostic protocols to assess lymphatic function and determine disease severity.

Clinical Evaluation

The initial diagnosis involves detailed patient history and physical examination. Clinicians assess swelling patterns, skin texture, and limb measurements to identify lymphedema signs. A thorough evaluation helps differentiate lymphedema from other causes of edema.

Imaging and Testing

Advanced imaging techniques support clinical findings. These may include:

- Bioimpedance spectroscopy to measure extracellular fluid
- Lymphoscintigraphy for visualizing lymphatic pathways
- Ultrasound to rule out venous insufficiency
- MRI or CT scans in complex cases

These tests aid in defining the extent of lymphatic dysfunction and guiding treatment planning.

Treatment and Management Options

The Novant Health Lymphedema Clinic offers a range of treatment modalities designed to control symptoms, prevent progression, and improve patient functionality. Treatment is highly individualized based on the patient's condition and lifestyle.

Complete Decongestive Therapy (CDT)

CDT is the cornerstone of lymphedema management and includes:

- Manual lymphatic drainage (MLD) – specialized massage to stimulate lymph flow
- Compression therapy – use of garments or bandages to maintain limb shape
- Exercise – tailored physical activities to enhance lymphatic circulation
- Skin care – protocols to prevent infections and maintain skin integrity

The clinic's therapists guide patients through each phase of CDT, ensuring proper technique and adherence.

Advanced Interventions

For patients who do not respond adequately to conservative measures, the clinic collaborates with surgical specialists offering procedures such as lymphovenous bypass or vascularized lymph node transfer. These advanced interventions aim to restore lymphatic drainage pathways.

Ongoing Monitoring and Follow-Up

Regular follow-up visits are essential to monitor treatment efficacy and adapt care plans. The Novant Health Lymphedema Clinic emphasizes long-term management strategies to minimize flare-ups and maintain patient well-being.

Patient Support and Education

Education and emotional support are integral components of care at the Novant Health Lymphedema Clinic. Patients receive comprehensive information about their condition, self-care techniques, and lifestyle modifications necessary for successful management.

Educational Resources

The clinic provides materials and workshops covering topics such as:

- Recognizing early lymphedema signs
- Proper use of compression garments
- Skin care routines to prevent infections
- Exercise programs compatible with lymphedema
- Nutrition and hydration advice

Support Groups and Counseling

Emotional challenges associated with chronic conditions like lymphedema are addressed through support groups and counseling services. The Novant Health Lymphedema Clinic facilitates connections among patients to foster community and shared experiences.

Frequently Asked Questions

What services does the Novant Health Lymphedema Clinic offer?

The Novant Health Lymphedema Clinic offers specialized services including comprehensive lymphedema evaluations, manual lymphatic drainage therapy, compression garment fitting, patient education, and ongoing management to help reduce swelling and improve quality of life.

Who is eligible for treatment at the Novant Health Lymphedema Clinic?

Patients who have lymphedema as a result of cancer treatment, surgery, infection, or other causes are eligible for treatment at the Novant Health Lymphedema Clinic. Referrals from healthcare providers may be required for specialized care.

How can I schedule an appointment with the Novant Health Lymphedema Clinic?

You can schedule an appointment with the Novant Health Lymphedema Clinic by calling their main patient services number, visiting the Novant Health website to book online, or obtaining a referral from your primary care physician.

What types of lymphedema can the Novant Health Lymphedema Clinic treat?

The Novant Health Lymphedema Clinic treats both primary and secondary lymphedema, including lymphedema resulting from cancer treatments, infections, trauma, and congenital conditions.

Are there any insurance plans accepted at the Novant Health Lymphedema Clinic?

Novant Health Lymphedema Clinic accepts a variety of insurance plans. It is recommended to contact the clinic directly or check with your insurance provider to confirm coverage and benefits for lymphedema treatment.

What can I expect during my first visit to the Novant Health Lymphedema Clinic?

During your first visit to the Novant Health Lymphedema Clinic, a lymphedema specialist will assess your condition through physical examination, discuss your medical history, and develop a personalized treatment plan that may include therapy, compression, and lifestyle recommendations.

Additional Resources

1. Understanding Lymphedema: A Comprehensive Guide from Novant Health

This book offers an in-depth look at lymphedema, covering its causes, symptoms, and treatment options. Authored by experts from the Novant Health Lymphedema Clinic, it provides practical advice for managing the condition. Patients and caregivers will find valuable insights into daily care routines and the latest therapeutic techniques.

2. The Novant Health Approach to Lymphedema Management

Focusing on the innovative treatment protocols developed at Novant Health, this book explores personalized care plans and advanced therapies. It highlights the multidisciplinary approach used by the clinic to improve patient outcomes. Readers will gain an understanding of both traditional and

cutting-edge interventions.

3. Lymphedema Rehabilitation: Techniques and Therapies at Novant Health

This title delves into the rehabilitation processes employed at the Novant Health Lymphedema Clinic. It explains manual lymphatic drainage, compression therapy, and exercise regimens designed to reduce swelling and enhance mobility. The book serves as a practical guide for therapists and patients alike.

4. Living Well with Lymphedema: Patient Stories from Novant Health

Featuring real-life testimonials from patients treated at Novant Health, this book provides inspiration and hope. Readers will learn how individuals cope with the challenges of lymphedema and maintain quality of life. It also includes expert advice on emotional and psychological support.

5. Preventing Lymphedema: Insights from Novant Health Specialists

This informative book emphasizes prevention strategies to reduce the risk of developing lymphedema, especially after surgery or cancer treatment. Novant Health specialists share evidence-based recommendations and lifestyle tips. It is a valuable resource for at-risk patients and healthcare providers.

6. Advanced Lymphedema Care: Innovations at Novant Health Clinic

Highlighting the latest technological advancements, this book covers novel diagnostic tools and treatment modalities available at Novant Health. It discusses how these innovations enhance early detection and improve therapeutic outcomes. Medical professionals will find detailed case studies and research findings.

7. Nutrition and Lymphedema: Guidelines from Novant Health Experts

This guide explores the role of nutrition in managing lymphedema, with input from Novant Health dietitians. It details dietary plans that support lymphatic health and reduce inflammation. Readers will discover how balanced nutrition complements medical treatments.

8. Lymphedema in Children: Specialized Care at Novant Health

Focusing on pediatric lymphedema, this book addresses the unique challenges faced by children and their families. The Novant Health Clinic's specialized approaches to diagnosis and management are thoroughly explained. It includes tips for caregivers and insights into developmental considerations.

9. Comprehensive Care Coordination for Lymphedema: A Novant Health Perspective

This book emphasizes the importance of coordinated care among healthcare providers to optimize lymphedema treatment. It outlines how Novant Health integrates services including physical therapy, nursing, and social support. The collaborative model showcased serves as a blueprint for effective patient-centered care.

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