

# Preventative Measures for Lymphedema

Date: [Insert Date]

To: [Patient's Name]

Address: [Patient's Address]

Dear [Patient's Name],

We hope this letter finds you well. As part of our commitment to your health, we would like to provide you with some important preventative measures regarding lymphedema.

## Preventative Measures:

- Maintain a healthy weight through balanced diet and regular exercise.
- Wear compression garments as recommended by your healthcare provider.
- Practice good skin care to prevent infections.
- Avoid prolonged periods of immobility; engage in gentle movement throughout the day.
- Notify your doctor immediately if you notice swelling or changes in your limbs.

It is our priority to help you manage your health and reduce your risk of lymphedema. Please feel free to reach out if you have any questions or concerns.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]