

WHY do I wear a post-masectomy  
COMPRESSION SLEEVE ???

Because. . . .



I love to travel



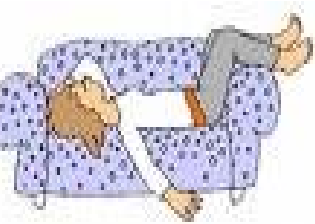
I want to stay active



I have work to do



I want to stay healthy



Sometimes I may  
over-do it a little....



It just feels GOOD!

Find out more!

Call for a consultation - try on appt.

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## Do I need a compression Armliseeve?



This can be a tricky question- you may get a wide variety of answers from health care professionals. We have been fitting women (and men!) with compression sleeves and stockings for many years and here is what we have learned from working with lymphedema specialist physicians and therapists:

### What is lymphedema?

When lymph nodes are removed for biopsy your arm is left with fewer nodes and pathways to channel lymphatic fluid up out of your arm. As a result there is some risk that when excessive quantities of lymphatic fluid get into your arm or when there is a constriction on your arm your lymphatic system can get a bit overloaded- resulting in a backup of this fluid and creating a swelling of the arm. If this fluid is unable to find a way out of your arm on its own- you can end up with permanent swelling - lymphedema. This is why you are advised to avoid having blood pressure taken or blood drawn from the arm on the side where the nodes were removed.

Van Driel Medical Specialties is an  
Award Winning distributor of high quality  
compression garmsnts:  
Medi Juzo Jobst Sigvaris

### So how concerned should I be?

Some health professionals may feel that the risk for lymphedema is low enough that that there is little reason for preventative measures. Increasingly, however there is a trend toward addressing high risk activities and using low compression armsleeves to address and reduce the risk of developing a permanent condition. The logic is the “ounce of prevention is worth a pound of cure” rationale. If a compression garment is worn to support the arm when it is more likely that excessive fluid will be present then we reduce the risk that there will be a back up that could cause the swelling and lead to a permanent condition.

### What are considered ‘at risk’ activities?

Air travel is now considered to be a significant risk by lymphedema experts and most healthcare professionals. The longer the flight, the greater the risk. Activities that require an extraordinary use of the arm, like heavy lifting, yard work, snow shoveling etc... have also been found to be triggers for lymphedema. Some health care professionals consider repetitive movement or long periods of inactivity (like a very long car ride) risk factors as well.

### Which sleeve should I get?

Key to this program is a sleeve that fits correctly - to support, not bind or constrict - and has an appropriate amount of compression for the patient and the type of activities it will be used for. There are a wide variety of size, fabric and color options available in ready to wear armsleeves- which is essential for proper fit because arms come in a wide variety of shapes colors and sizes- not just small medium and large. We have over 40 different armsleeves in our shop plus unparalleled experience and expertise in fitting compression and support wear. You’ll get a comfortable sleeve that fits your arm and your lifestyle.



For a consultation,  
fitting and try-on appt.  
please call us at-  
847.253.6494

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