



**For further information contact:**

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## **PRESS RELEASE**

FOR IMMEDIATE RELEASE:

### **LEARN HOW TO PREVENT LYMPHEDEMA**

**Kennewick, WA** – A free Lymphedema prevention, education and training class is being offered Tuesday, July 19<sup>th</sup>, from 1pm to 2pm at the Tri-Cities Cancer Center. Sara Nelson, DPT., will teach this class.

As many as 49% of people develop secondary lymphedema following some surgeries (i.e. mastectomies and some abdominal surgeries). Lymphedema refers to swelling that occurs most often in the arms or legs due to a blockage in the lymph system, which prevents the proper drainage of lymph fluid. Anyone who has had lymph nodes removed will benefit from the material presented in this class. Learn more about the lymphatic system, lymphedema prevention, use of compression and basic self-massage as well as when to seek professional treatment related to lymphedema. Dr. Nelson is an expert in the field of lymphedema therapy. To reserve a seat at the next class or for more information please call (509) 737-3432. The Tri-Cities Cancer Center is located at 7350 W. Deschutes Ave., Kennewick.

The Tri-Cities Cancer Center is able to offer programs like this at no cost, thanks to generous contributions from organizations like Therapy Solutions and others. Donations to the Tri-Cities Cancer Center Foundation stay local and are used to provide valuable non-reimbursed cancer programs and services for patients, their families and the community.

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