



TRI-CITIES
*Cancer
Center*

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MEDIA RELEASE

FOR IMMEDIATE RELEASE:

LEARN HOW TO PREVENT LYMPHEDEMA

Kennewick, WA – A free Lymphedema prevention, education, and training class is being offered **Tuesday, August 16th, from 1pm to 2pm** at the Tri-Cities Cancer Center in the Resource Center. Sara Nelson, DPT, will teach this class.

Lymphedema affects both men and women and refers to the 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. Following certain types of surgeries, as many as 49% of people may develop secondary lymphedema. Understanding early symptoms can help prevent severe discomfort and permanent damage.

Anyone who has had lymph nodes removed will benefit from the material presented in this class. Learn more about the lymphatic system, lymphedema prevention, early symptom detection, use of compression, basic self-massage, and 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) 737-3427.

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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