

## East Kent Cancer Action Group meeting

3<sup>rd</sup> February 2017. K&C Hospital

Post Graduate Centre Board Rm. 11.30am -1.00pm

Thanet and North Kent Lymphoedema Support Group Living with Lymphoedema. Sarah and Kay

### Backgrounds:

Sarah : I was diagnosed with an aggressive cervical cancer in 2001 leading to surgery in January 2002 -a Total hysterectomy, cervix and bi- lateral ovary removal. Secondary Lymphoedema of left leg arrived unannounced six months after surgery, this is in my Foot to thigh and left buttock. No wonder i have a lopsided view of life! Two very bad episodes of cellulitis within 18 months caused cell hardening and Lymphoedema limb was at a volume 35% more than my good limb. After 15 years it's now around 50 to 55%. This is despite continued self management and wearing of support hosiery which I cannot manage without. I now triple layer wearing a flat knit stocking 24 hours a day. During the day from 6am to at least 9pm I wear support tights and cycle style supporting shorts for my buttock. This is every day whatever the temperature. The only time I won't wear hosiery is to shower or swim

**Kay:** to tell her story .....

**Lymphoedema Support Group:** we are a small group of people brought together through our condition to help one another, keep up to date with therapies and latest evidence for the management of Lymphoedema and work with service providers.