

electric shocks, pins and needles are a few of the things we will encounter.

I often trip or fall as my left foot has not moved where I expected it to thus I misplace my step. I walk constantly looking at the ground for hazards and find hills and slopes difficult to walk up or down. I struggled with no handrails and if I am supposed to 'keep right' I can't, I hold on to the left and use my walking stick held in my right hand.

I can only drive an automatic and long Journeys can cause pain and stiffness in my Lymphoedema leg. Working 40 miles away is a problem especially driving home after a full day.

Arm Lymphoedema has different problems although the limb/s are easier to rest and are non weight bearing. Carrying any heavy bags is out of the question and the inner elbow often gets chaffed and sore. Upper long sleeved garments are often difficult to wear and baggy fit is needed! Many with Lymphoedema following breast cancer experience shoulder pains and normal everyday tasks run the risk of skin breaks and driving can again cause pain

Primary Lymphoedema behaves differently from secondary and ulceration seems to be a problem in later life as skin hardens and cracks – support hosiery than cannot be worn so the limbs/swell more.

**Show hosiery to group:** Wearing support tights causes other medical problems, recurrent fungal infections especially if like me you take daily prophylactic anti - biotics. Closed toe stockings or tights can also cause fungal infections so open toe is better by then with a swollen foot wearing socks isn't simple and shoes become even tighter. Any breaks in the skin can cause infection, leading to ulceration or cellulitis. We all need to be meticulous with skin care, moisturising every day, though for many scented lotions are not an option.