



# Lymphoedema Diary

Monitor the success  
of your treatment

## Your details

Surname \_\_\_\_\_

Given name \_\_\_\_\_

Date of birth \_\_\_\_\_  male  female

## Lymphoedema details

primary lymphoedema

secondary lymphoedema associated with \_\_\_\_\_

lipolymphoedema

venous insufficiency accompanied by lymphoedema

\_\_\_\_\_

## Localisation

Affected area of body  arm(s)  leg(s)

Localisation  right  left  both sides

Stage  stage I  stage II  stage III

First diagnosed (year) \_\_\_\_\_

Type of compression garment \_\_\_\_\_

\_\_\_\_\_

Compression class \_\_\_\_\_

# Dear Patient,

Your physician has prescribed medical compression stockings as part of your treatment for lymphoedema. If used correctly, these stockings will help ensure that you achieve the desired treatment outcomes.

This diary allows you to monitor the results of your lymphoedema treatment, and therefore the course of your therapy as well.

You can show it to your physician as well. Lymphoedema is a long-term (chronic) disorder that needs to be monitored on an ongoing basis. By taking regular measurements of the affected limb(s) and recording them in this diary, you will be providing your physician with valuable feedback that will assist him or her in deciding on your further treatment.

With a little bit of practice, it will take you just a few minutes per week to update your diary.

We wish you ongoing success with your therapy.

## **Julius Zorn GmbH**

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86551 Aichach  
Germany

info@juzo.com  
www.juzo.com

# Instructions

You should update this diary once a week<sup>1</sup>, if possible on the same day each week.

Take circumference measurements of your affected arm or leg in the morning at the five locations shown in the illustrations and record the measurements in the diary.

In addition to these measurements, you can also record any therapy activities that were carried out during a given week. According to medical guidelines, lymphoedema therapy should include the following activities:

1. **Manual lymph drainage**
2. **Compression therapy**
3. **Decongestive movement exercises**
4. **Skin care**

Tick which of these activities were carried out during the week, and how often.

<sup>1</sup> The results of a study of Lymphoedema patients conducted by the Charité Hospital in Berlin (Germany) have shown that you can have a positive impact on the course of your therapy simply by taking just one set of measurements per week. Maintaining this diary will therefore not be a particularly time consuming task.

## Notes regarding the measures you need to record in your diary:

### Manual lymph drainage

Enter in your diary how often lymph drainage was performed during the current week.

### Compression therapy

This is where you can enter how many days you wore your compression stockings during the current week.

### Movement exercises

Movement exercises and sport will have an especially positive effect on your lymphoedema if you wear your compression stockings at the same time. The stockings apply an external compression which, in addition to the muscle activity on the “inside”, further enhances lymph drainage.

Suitable sporting activities include, for example, walking and cycling. Tick in your diary how often you undertook a sporting activity, or performed movement exercises, during the current week.

### Skin care

It is also important that you take good care of your skin and keep it supple. We recommend using natural and skin-friendly creams and lotions as a general skin care measure against dryness. You can maintain the suppleness of your skin by using a product containing urea (e.g. Juzo Lymph Lotion), for example. Tick how often you did something to care for your skin during the current week.

# Instructions for measuring yourself

Take circumference measurements of your affected arm or leg at the five locations shown in the illustrations and record the measurements in the diary.

The ideal way to take arm circumference measurements is to use a tape measure with a hook at the end (e.g. the Juzo measuring tape with clip). Create a loop using the tape measure and “slip” your hand through it.



As you take each measurement, ensure that the tape is lying flat and **not constricting** your arm or leg.



# Self measurements

Date \_\_\_\_\_

The image contains two diagrams for self-measurements. The left diagram shows an arm with measurement points: mid upper arm, elbow, mid forearm, wrist, and mid back of hand. The right diagram shows a leg with measurement points: mid thigh, upper edge of kneecap, mid lower leg, ankle, and mid instep.

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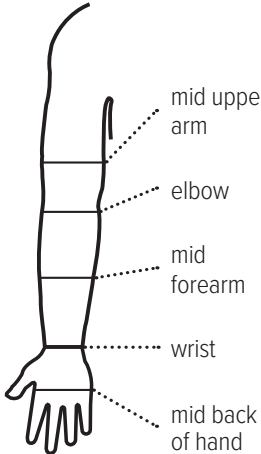
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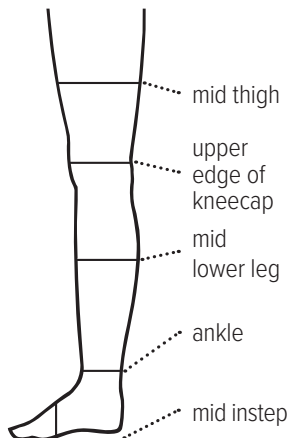
Cause \_\_\_\_\_

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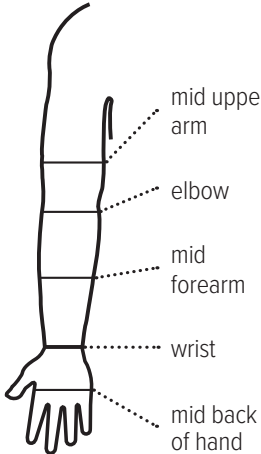
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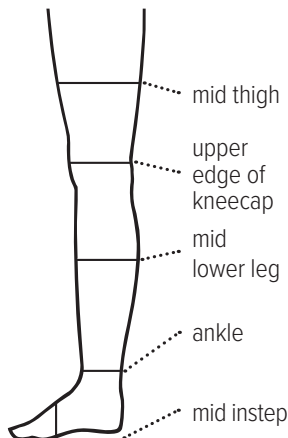


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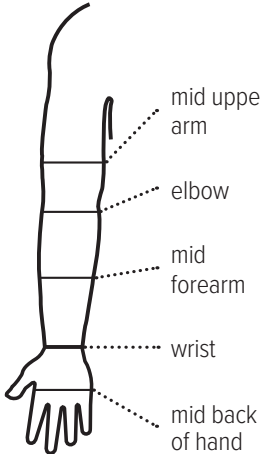
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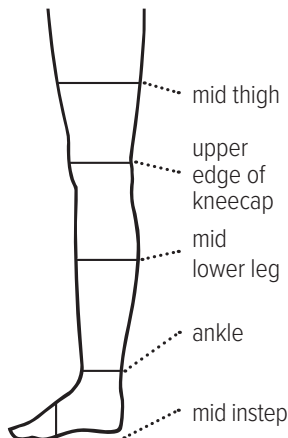
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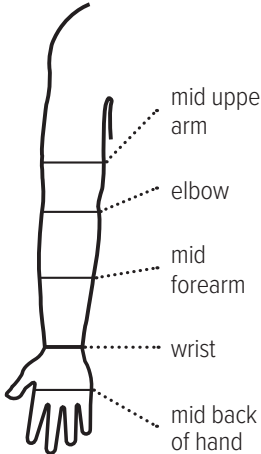
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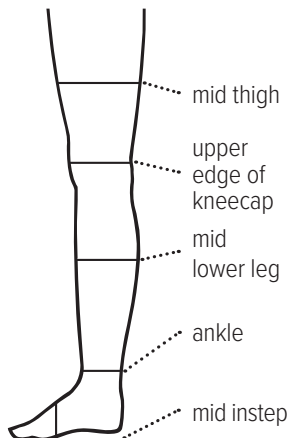
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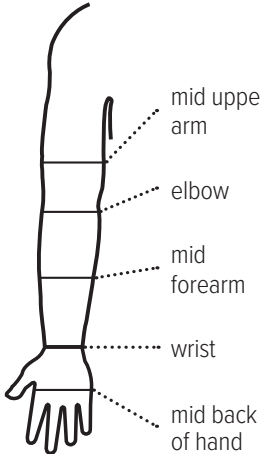
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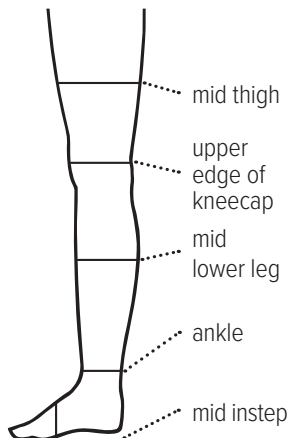
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mid forearm		
wrist		
mid back of hand		

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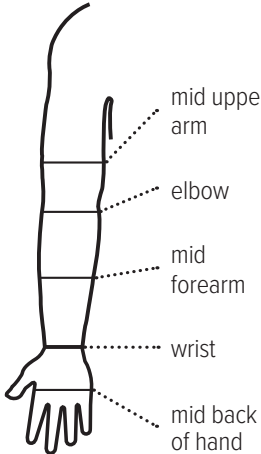
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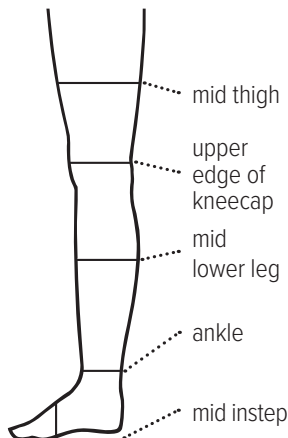


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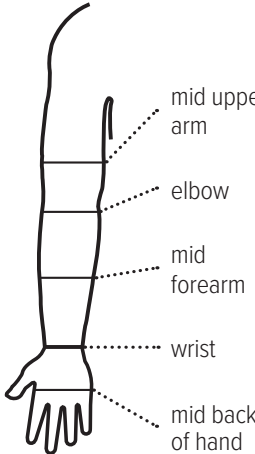
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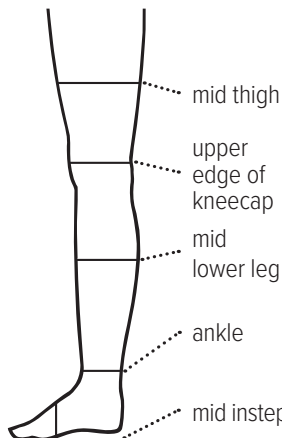
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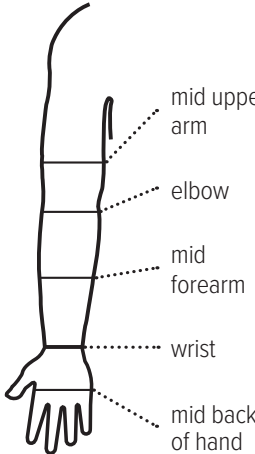
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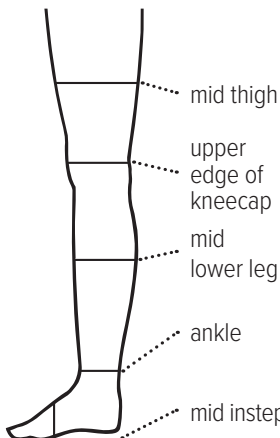
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Prepared in conjunction with Charité – Universitätsmedizin Berlin (Germany)  
Physical Medicine and Rehabilitation Department

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info@juzo.com · www.juzo.com

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