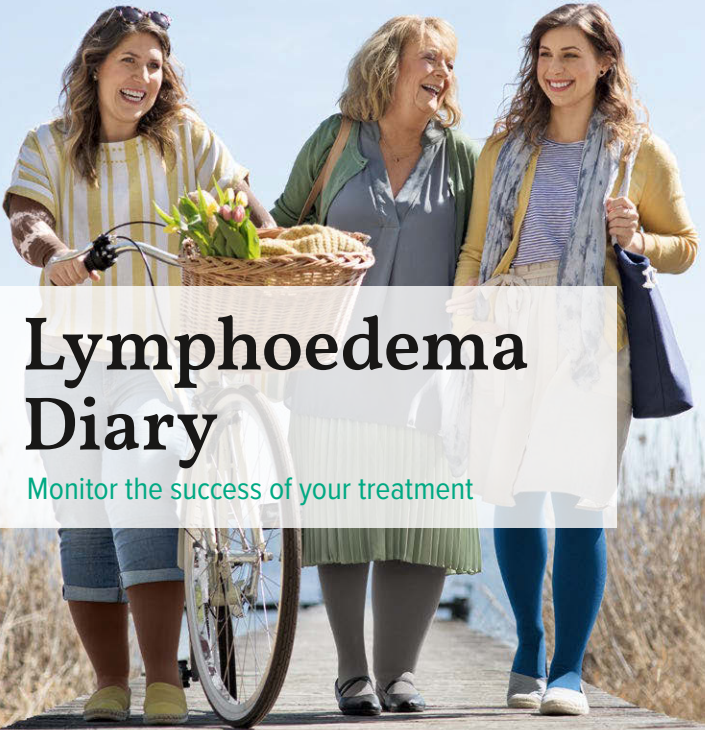




Lymphology



Lymphoedema Diary

Monitor the success of your treatment

Freedom in Motion

Your details

Surname _____

Given name _____

Date of birth _____

male female diverse

Informações sobre o linfedema

- 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

Juliusplatz 1
86551 Aichach
Germany
info@juzo.com
juzo.com

Instructions

You should update this diary once a week¹, 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.

¹ 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.



i

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



Self measurements

Date _____

The diagram shows a left arm and a left leg with measurement points indicated by dotted lines. The arm points are: mid upper arm, elbow, mid forearm, wrist, and mid back of hand. The leg points are: mid thigh, upper edge of kneecap, mid lower leg, ankle, and mid instep. Each diagram is accompanied by a table with two columns: 'left in cm' and 'right in cm'.

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left in cm	right in cm

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Compression 1x 2x 3x 4x 5x 6x 7x

Exercise 1x 2x 3x 4x 5x 6x 7x

Complications during the past week

None

Complications you managed yourself
(minor skin injuries, scratches, etc.)

Complications requiring a visit to your physician

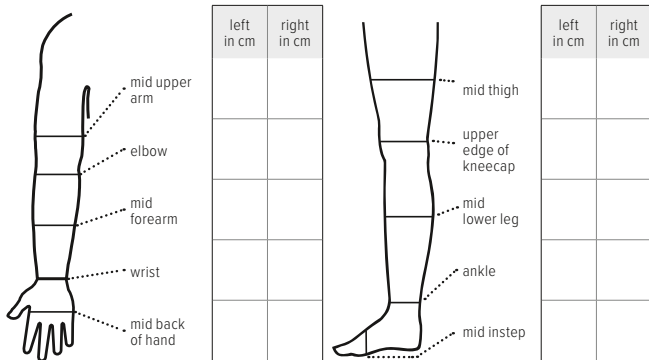
Cause: _____

Self measurements

Date _____

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mid upper arm		
elbow		
mid forearm		
wrist		
mid back of hand		

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upper edge of kneecap		
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mid instep		



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Notes

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

Presented by:

Juzo Customer Service International

Phone: +49 (0)8251 901 300



Julius Zorn GmbH · Juliusplatz 1 · 86551 Aichach · Germany

info@juzo.com · juzo.com

