

Thames hospice

# Lymphoedema Service

| A guide to our services  
| and how to access them

**The service is run by a team of Nursing Staff with specialist training in the management of lymphoedema.**

## What is lymphoedema?

Lymphoedema is a swelling caused by the build-up of lymph fluid in your body's tissues and is a result of inadequate lymphatic drainage. It can occur in one or more limbs but may also affect other parts of your body. There is also an increased risk of getting an infection (cellulitis) in the area affected by the lymphoedema, which can make the swelling worse.

## What causes lymphoedema?

Some people are born with an inefficient lymphatic system and this is called primary lymphoedema. Secondary lymphoedema occurs when there is damage to the lymph vessels or nodes through cancer treatments, trauma or infection.

## Can it be cured?

Lymphoedema cannot be cured but can be managed well with treatment.

## What does our service offer?

After a full assessment, the Lymphoedema Therapist will tell you the cause of your lymphoedema and give advice on how best to manage your condition.

Your Therapist will discuss an individual treatment plan with you; this will include advice on adapting everyday activities and self-help approaches to enable you to manage your lymphoedema.

Treatments may include skin care, exercise, compression garments, self-massage and other specialised treatments if appropriate.

You will also be given information about ongoing monitoring and evaluation, plus how to get telephone advice, support and information for you and your family/carers.

## How can I be referred?

You can be referred by any Healthcare Professional.

If you are a Healthcare Professional, you can make a referral by calling **01753 848976** or via [www.thameshospice.org.uk/makeareferral](http://www.thameshospice.org.uk/makeareferral)

## How do I contact the Lymphoedema Team?

Call 01753 848937

### **Clinics are held at:**

Thames Hospice  
Windsor Road  
Maidenhead  
SL6 2DN

Community appointments may also be available. To help us keep our waiting list to a minimum, please let us know as soon as possible if you are unable to attend an appointment.

“

Sessions are exceptionally beneficial to my condition and are carried out in a highly professional and welcoming manner. ”

# Your Local Hospice

Our vision, mission and values are the heart of Thames Hospice; who we are and what we strive to achieve.

## Our Vision

Quality of life, to the end of life, for everyone.

## Our Mission

To provide and support the best palliative and end-of-life care to our community, giving dignity and comfort to those facing life-limiting illnesses.

## Our Values



### **Compassion**

Compassion for everyone in a safe and caring environment



### **Ambition**

The desire and determination to serve everyone in our community



### **Respect**

Respect for everyone's dignity



### **Excellence**

Committed to excellence in everything we do



## About Us

Proudly serving the community for more than 30 years Thames Hospice is the only adult hospice providing both inpatient and community palliative and end-of-life care services across East Berkshire and South Buckinghamshire.

We are committed to delivering and demonstrating excellence and the highest quality nursing, medical and therapeutic care within our Hospice and in patients' homes, supporting the physical, social and psychological needs of our patients and their loved ones.

Our services are free of charge to all who need us, thanks to the generosity of our amazing community and organisations. It costs £12 million every year to keep our Hospice running and we rely on charitable support for over 50% of the funds we need annually to continue to provide our services 365 days a year to the people who need us most.

If you would like to make a donation, access our services or volunteer please visit our website at [www.thameshospice.org.uk](http://www.thameshospice.org.uk)

Thames Hospice, Windsor Road, Maidenhead, SL6 2DN  
Call 01753 842121  
[www.thameshospice.org.uk](http://www.thameshospice.org.uk)

Charity No. 1108298

