

# Lymphedema

Lymphedema is a build-up of fluid in the fatty tissues just under the skin that causes swelling. Radiation or cancer impacting the lymph system can increase the risk of lymphedema.

## TRY THIS

**Wear loose clothing.** Avoid pressure and squeezing of the affected area.

**Avoid overuse.** Repetitive movements can make your symptoms worse.

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## CHECK THIS OUT

**Visit** the Springboard page on Lymphedema.

<https://survivorship.cancer.gov/springboard/symptoms/lymphedema>

**Learn** more about lymphedema (<http://goo.gl/EgMIPo>) and ways to manage lymphedema (<http://go.usa.gov/xxJsY>).