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Press Release – October 19, 2009

From: Ron Marshall, CEO

Subject: Lymphedema Management Program Available At Holton Community Hospital

Holton Community Hospital (HCH) introduces a new Lymphedema Management Program. Carla Wehking, COTA/L, CLT, recently completed a comprehensive training program and is now a Certified Lymphedema Therapist.

Lymphedema management is beneficial to patients affected by trauma to the lymph system; including cancer, wounds, chronic edema, venous insufficiency, or other diagnosis. Lymphedema can even be present at birth. Individualized treatment plans help the patient obtain the maximal level of function possible and ultimately learn to manage the condition independently.

Treatment options are determined by the patient's needs and may include:
Activities of Daily Living Retraining. Helpful for patients:

- learning about lifestyle influences
 - after any radiation or chemotherapy treatments
 - with breast cancer (following radical, modified radical, simple or total mastectomy, lumpectomy or dissection of lymph nodes)
 - treating prostate cancer
 - diagnosed with primary and secondary stages 0 and I lymphedema
 - diagnosed with chronic venous insufficiency stages 0 and I
- Most insurance companies cover 1-2 education visits.*

Complete Decongestive Therapy (CDT). This therapy is noninvasive and has no adverse side effects. CDT is necessary for treatment of:

- primary and secondary Stages II and III lymphedema
- chronic venous insufficiency stages II and III
- rheumatoid arthritis and reflex sympathetic dystrophy

CDT can also be used for:

- post surgical edema
- knee surgery with stitches
- open wounds
- traumatic edema
- acute inflammation
- chronic inflammation
- cyclic idiopathic edema
- lipedema

Most insurance companies cover 10-20 visits. When the patient has other complicating diagnoses (for example, diagnosis of "complex decongestive physiotherapy" for Medicare) more visits may be approved.

CDT consists of the following modalities:

Manual Lymphatic Drainage (MLD). A repetitive, precise massage that is applied in the direction of lymph flow to accelerate and improve functioning of the patient's lymphatic system.

Compression Therapy. Involves daily bandaging to distribute pressure for increased lymphatic pump flow. At the completion of treatment, patients are measured and garments can be ordered from various vendors for classes I to IV.

Decongestive Exercises. These are specialty lymphatic exercises designed to increase range of motion and increase muscle contraction, expediting lymphatic pump flow.

Skin Care. Educate patient on importance of maintaining skin integrity and conditions to be aware of.

Ron Marshall, CEO of HCH and Family Practice Associates, states "We would appreciate the opportunity to serve the patients, of northeast Kansas, close to home."

If you have any questions, please contact Carla, in the Occupational Therapy Department, at 785-364-9639.