



European Cancer
Patient Coalition

«EY ZΩ»
Living Well with Cancer
GREECE



LEMPHOEDEMA

Prevention, Early detection & Treatment

Maria Theodoridou / June 2019

ViceChair «EY ZΩ» Living Well with Cancer

EUROPEAN CANCER PATIENT COALITION



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LEMPHOEDEMA: Prevention, Early detection & Treatment

Facts

- 1 out of 5 women undergone surgery involving lymph node removal will develop lemphoedema.
- There is no way to foresee it.
- Prevention & early detection significantly reduce the problem.
- Entails cooperation between different specialties.
- Health professionals do not inform patients about the risk of lemphoedema in our country.



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LEMPHOEDEMA: Prevention, Early detection & Treatment

Approach

- Involve all interested parties.
- Contacted a well established specialized center (POAL) in the University Hospital of Larissa.
- Contacted all specialties in the local hospital.



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Implementation

- EY ZΩ organized an awareness/training conference, January 2016 in cooperation with POAL and the vascular surgery clinic of the University Hospital of Heraklion.
- Worked on the production of dissemination material.



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Results / impact

- Trained a specialized group in Venizeleio Hospital of Heraklion and the second multidisciplinary lymphoedema group in Greece is established in 2018.
- In cooperation with surgeons from University and Venizeleio Hospitals of Heraklion prepared the Brochure “Lymphoedema and breast cancer” which is distributed to all women undergoing surgery and radiotherapy.
- In cooperation with physiotherapists from Venizeleio Hospital of Heraklion prepared a [Video](#) and a respective brochure with a set of exercises.
- Distribution across the whole country.



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LEMPHOEDEMA: Prevention, Early detection & Treatment

Key Learnings

- Cooperation of all the involved parties: doctors (breast & vascular surgeons, nurses, physiotherapists, dieticians, psychologists)



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Live training from POAL



Σάββατο, 30 Ιανουαρίου 2016

Αίθουσα Εμπορικού και Βιομηχανικού Επιμελητηρίου Ηρακλείου
Κορωνοίσι 9, Πάρκο Θεοδοσκοπούλου

Ώρα 11.00

Εξειδικευμένοι επιστήμονες απαντούν στα ερωτήματα και δίνουν πρακτικές συμβουλές για την πρόληψη και την αντιμετώπιση του λεμφοιδήματος.

Ιδιαίτερα μετά από θεραπείες για καρκίνο του μαστού

Συνδιοργάνωση

- **Ευ Ζω με τον καρκίνο:** Σύλλογος στήριξης ασθενών που πάσχουν από νεοπλασματική νόσο.
- **Αγγειοχειρουργική Κλινική** του Πανεπιστημιακού Γενικού Νοσοκομείου Ηρακλείου (ΠΑΓΝΗ).
- **ΠΟΑΛ:** Πολυπαραγοντική Ομάδα Αντιμετώπιση Λεμφοιδήματος Πανεπιστημιακού Γενικού Νοσοκομείου Λάρισας.



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Ευρωπαϊκό ΠΝ ΑΕΓΕΑΝ για τη Γυναικεία Υγεία



Our volunteers in the hospital



Getting stronger
(3-4 weeks after surgery)

The physiotherapists of Venizeleio Hospital of Heraklion and the model of the video