

Southwest Colorado • Northern New Mexico

# *Lymphedema*

# *Resources*





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People facing cancer encounter various obstacles on their journey to wellness, and lymphedema may be one of them. Lymphedema is an accumulation of protein-rich fluid that causes inflammation in the tissues. This can be caused by the removal of lymph nodes during cancer surgery or by localized radiation therapy that may affect lymph drainage. Anyone who has had lymph nodes surgically removed on any area of their body is at risk for lymphedema.

The medically accepted standard of care for treating and managing lymphedema is called Complex Decongestive Therapy (CDT). It consists of the following treatments: Manual Lymph Drainage (MLD) by a trained and certified lymphedema therapist; Compression Therapy (bandaging the affected area with low-stretch bandaging, wearing compression garments, and using manually adjustable compression devices); special lymph-pumping exercises which are performed daily while under compression; and teaching about self-management and meticulous skin care techniques.

This document provides a list of Southwest Colorado's regional and online lymphedema resources. We recommend working with your healthcare provider and meeting with a professional Certified Lymphedema Therapist who can help you with the choices you will face.

# Choosing a Lymphedema Therapist

A Lymphedema Therapist is an individual who has specialized training to work within a scope of professional practice to assist in diagnosing lymphedema, providing clinical treatment for lymphedema and educating patients in order to manage their condition. For more information about the recommended training for a lymphedema therapist, visit [NLN's Position Paper on the Proper Training of Lymphedema Therapists](#).

## Local-Regional Lymphedema Therapists

### Lani Beattie, OTR, CHT, CLT

San Juan Hand Therapy  
575 Rivergate Lane, Ste. 108  
Durango, CO 81301  
P. 970.247.7711

[www.sanjuanhandtherapy.com](http://www.sanjuanhandtherapy.com)

Lani is certified in Comprehensive Lymphedema and Venous Edema Management, having completed her coursework at the University of WI Milwaukee Continuing Education Department. She also received private tutoring in lymphedema treatment from Sandy Artzberger, MS, OTR, CHT, CLT. Her training includes the 4 standards of basic lymphedema instruction: Manual Lymph Drainage, bandaging, exercise, and skin care. In her practice, Lani places major emphasis in teaching patients life-long, personalized self-management techniques for lymphedema. San Juan Hand Therapy accepts most insurance, including Medicare and Medicaid.

### Lynn Philippon, CLT, NCMT, RMT

True Therapeutic Massage  
1537 Florida Road, Ste. 105  
Durango, CO 81301  
P. 970.385.6708

[www.truetherapies.com](http://www.truetherapies.com)

Lynn is a Certified Lymphedema Therapist (CLT) through the Dr. Vodder School International. She is trained in Manual Lymphatic Drainage (MLD) and Combined Decongestive Therapy (CDT), which involves manual lymphatic drainage, compression bandaging, remedial exercise and skin care. She is also board certified by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB). She is a member of the American Massage Therapy Association (AMTA), and is a Registered Massage Therapist with the State of Colorado. Pricing is on their website, and they do not invoice insurance companies.



## Flow Wolf, MSW, LCSW, LMT, CDT, NMT

Integrated Massage Therapy  
2530 Colorado Ave., Ste. 2A  
Durango, CO 81301  
P. 970.769.1967  
F. 866.543.2885  
flowwc@msn.com

Flow Wolf is a licensed massage therapist (LMT) through the state of Colorado, and is also certified through Guenter Klose of Klose Training Institute in Littleton, Colorado as a Complete Decongestive Therapist (CDT). She works with all elements of CDT, including bandaging, manual lymphatic drainage, education, exercise and self-care. She works with most insurance presented by patients, and has an insurance biller who will check insurance benefits to see how her services will be covered. Flow also has a degree in Social Work, and has a clinical license to practice Social Work in the State of Colorado.

## Insurance Coverage for Lymphedema Treatment

Lymphedema is a medical condition that requires treatment. Untreated lymphedema can put you at risk for infections, become disabling, be chronic, and needs consistent monitoring. There is a medical protocol, a standard of care, and medical diagnosis codes for the management of lymphedema. Unless your insurance specifically excludes this from your coverage in your contract, they are required to cover lymphedema treatment.

If you have private insurance, it is recommended that you check the specific coverage details before purchasing compression bandages and garments. Your policy will clarify coverage, reimbursement and whether or not a pre-authorization is in order. Your insurance company may have a form, such as a "Letter of Medical Necessity," which may need to be submitted for reimbursement. A prescription from a physician may also be required. Your therapist may be able to provide some guidance about your insurance coverage. Be sure to contact the supplier for requirements before proceeding.

If your insurance company requires you to submit a statement for reimbursement, you may need to include a pre-authorization number, the original receipt, a prescription, and a completed and signed medical reimbursement form as provided by your carrier. Make a copy of all these documents before submitting your paperwork to your insurance company. In some cases, you may be required to pay out-of-pocket expenses prior to receiving a reimbursement. Additionally, some insurance companies may require that you work with a specific supply company that is not listed within this document.

Currently, Medicare does not reimburse for bandages and garments, and some private insurance may not pay for them. A Bill called the "Lymphedema Treatment Act" (HR 3877) was introduced in January of 2014 in an effort to improve coverage for the treatment of lymphedema from any cause. This is legislation to change Medicare laws, and will set a precedent for Medicaid and private insurers to follow. The goals of the act are to provide lymphedema treatment coverage, and to provide the necessary medical supplies for patients to administer ongoing self-treatment (which includes compression garments, bandages and other compression devices). In the meantime, please go to the [Lymphedema Treatment Act website](#) for more information, and to learn how you can help.

# Local Lymphedema Compression Garment Suppliers

Your lymphedema therapist will provide you with a list of necessary supplies before beginning your treatments. Please remember to check with your insurance first, because many insurance companies do not cover compression wraps and garments.

## Durango, CO

### **Rivergate Pharmacy & Compounding Center**

575 Rivergate Lane, Ste. 111

Durango, CO 81301

P. 970.375.7711

[www.rivergatepharmacy.com](http://www.rivergatepharmacy.com)

Rivergate Pharmacy carries JUZO brand compression garments, and individualized fittings are available by appointment.

## Farmington, NM

### **Four Corners Limb & Brace**

750 West Animas

Farmington, NM 87401

P. 505.326.6305

Four Corners Limb & Brace carries JUZO brand compression garments, and individualized fittings are available by appointment. They do not have all products in stock, but can order garments. Expect that a fitting will take approximately thirty minutes to one hour.

## Albuquerque, NM

### **Active Life Orthotics & Prosthetics**

[lymphedematreatmentact.org](http://lymphedematreatmentact.org)

124 Alvarado Drive, SE

Albuquerque, NM 87108

P. 505.266-1700

M-F 8 am–5 pm (Closed 12-1)

Although they prefer a call for an appointment, walk-in appointments are available.

Active Life Orthotics & Prosthetics employs experts in compression garments that treat lymphedema. They would prefer to work directly with your medical team – physicians and lymphedema therapists – to provide a comprehensive evaluation of your needs. They carry multiple brands and materials, and have ABC certified fitters who provide evaluations and measurements. They will also provide education about the proper use and care of their garments.



# Online Garment Suppliers

## LymphedIVAS

P. 866.411.3482

M-F 9-5 pm (EST)

LymphedIVAS provides “medically correct” fashion for lymphedema, including sleeves and gauntlets. They also have “Seconds,” which are medically correct products with specified graduated compression at half the price (with minor errors in printing or fading). They have a 30-day refund and exchange policy.

## Compression Guru

P. 888.550.2709

M-F 8-5 pm (MST)

help@compressionguru.com

Compression Guru provides a wide variety of lymphedema compression sleeves, wraps, gloves, gauntlets, bandaging liners and accessories. Their selection is for upper and lower extremities, torso, breast, chest, and for men and women. They carry over 15 different product brands, and pride themselves on offering live help, detailed step-by-step measuring guides and free shipping. This is a Colorado-based online company.

## Lymphedema Products, LLC

P. 866.445.9674

M-F 9-5:30 pm (EST)

(Se Habla Español)

Lymphedema Products was developed by Steve Norton, CLT, CDT Instructor, and is a renowned authority on lymphedema therapy. They only carry lymphedema products and sizing charts are available on the website. They will not bill insurance, but will send an itemized accounting of your order that includes the billing codes to submit to insurance for reimbursement.

## Solidea Medical Lymphedema Garments

P. 884.841.8834

M-F 9-5 pm (EST)

info@solideamedical.com

Solidea Medical is an online retail store as well as a new distributor of lymphedema sleeves, gauntlets, upper and lower extremity, and torso garments. They also carry donning gloves. There is a downloadable product catalog which provides size charts for each garment. They appear to have a liberal exchange and refund policy, free shipping, and customer support.



## Jovipak Lymphedema Products

P. 866.888.5684

M-F 7-3 pm Pacific Standard Time

info@jovipak.com

Jovipak was started by a lymphedema therapist and provides products to help with head and neck, upper and lower extremity, pelvic and torso lymphedema and donning aids. They specialize in nighttime garments and provide a printable product guide, which includes comprehensive measuring tools. They have a great warranty and return policy – even with custom orders. They call themselves “Lymphedema Problem-Solvers” and their team will collaborate with your therapist or fitter to personalize solutions. They encourage sharing a photo of the problem to help find solutions.





## Tools for Patients, Fitters, & Healthcare Providers

### [Guide to The Proper Fitting of and Care for Sleeves, Gloves and Gauntlets](#)

Compiled by Step Up, Speak Out. Recommended reading that provides a great guide with photographs showing the difference between a well fitted and poorly fitted garment. This helps you understand garment fitting before you visit a Lymphedema Garment Fitter.

### [Position Statement of the National Lymphedema Network \(NLN\) for Lymphedema Risk Reduction Practices](#)

This Lymphedema Risk Reduction Practices paper is written to assist the person with or at risk for lymphedema in making the best possible decisions about decreasing the risks for lymphedema. It is written by the NLN's Medical Advisor's Committee and is in a PDF printer-friendly format.

### [Risk Reduction for Lymphedema](#)

A Step Up, Speak Out article on risk reduction practices to help decrease the risk for lymphedema.

### [Essential Lymphedema Information for all Health Care Providers: From a Physician with Secondary Lymphedema](#)

This guide from Step Up, Speak Out is a printer-friendly version to share with your Health Care Provider, written by a physician who suffers from lymphedema.

### [What We Want our Health Care Providers to Know About Lymphedema](#)

A a printer-friendly document from Step Up, Speak Out to share with your Health Care Provider to help them better understand lymphedema.

### [LymphedIVA's Fitter's Mobile App: An Aid to Help Fitter's with Compression and Measurements for Garment Fitting](#)

This is a fitter's aid for LymphedIVA's products for the use with an iOS device (iPad or iPhones). The Fitter's Aid will provide the suggested sizing recommendation and the other viable compression combinations. It will also give the exact compression at each measuring point.

### [Jovipak's "Letter of Medical Necessity"](#)

This is the link to the PDF file for Jovipak's Letter of Medical Necessity, which gives the diagnoses and medical codes used to submit to insurance companies.

# Lymphedema Organizations & Education

## [Step Up Speak Out](#)

Step Up, Speak Out provides resources for health care providers and patients. The website is a strong support and advocacy program for women and men with breast cancer-related lymphedema. It is a valuable resource for anyone who is experiencing lymphedema.

## [National Lymphedema Network](#)

The National Lymphedema Network (NLN) is a national non-profit organization whose mission is to create awareness of lymphedema by educating and promoting medical treatment for all individuals who are at risk for or affected by lymphedema. They research and share information about the advancements in treatments, as well as their position statements on lymphedema.

## [BreastCancer.Org](#)

Being mindful that lymphedema does not only affect those who have breast cancer, BreastCancer.Org provides a multitude of articles to increase an understanding of lymphedema.

# Peer Support Groups & Discussion Boards

## [Lymph Notes Forum](#)

Lymph Notes is an online discussion board and resource for those who are at risk of developing or having lymphedema. This is also a resource for friends, family, caregivers and therapists.

## [Inspire's National Lymphedema Network Support Community](#)

Inspire's National Lymphedema Network Support Community is an online community that connects patients, families, friends and caregivers who are experiencing lymphedema for support and inspiration.

## [Lymphedema People Forum & Discussion Boards](#)

Lymphedema People is a forum for all and everything lymphedema. They have over 29 moderated discussion boards.





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*of hope*

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