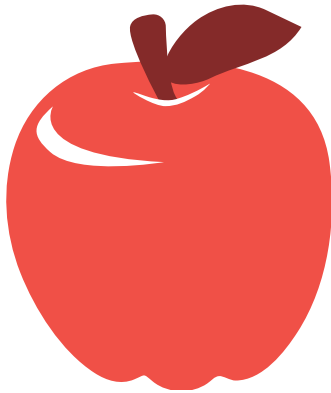


# DIET & MEDICATIONS

When you're managing lymphedema, it is important to be mindful of whatever goes into your body. Although there is no specific diet to manage lymphedema, maintaining a balanced diet and making nutrition-conscious choices is beneficial to your overall health. Discussing with your doctor all the medications you're taking may also help you avoid some lymphedema-related complications as well. Here are some tips to keep in mind.

## WEIGHT

Maintain a healthy weight. Obese individuals are at increased risk of developing lymphedema. Excess body fat promotes inflammation and makes it harder for lymph fluid to drain.



## DIET

- Fill your diet with low-fat, nutrient-dense foods, including lean protein, whole grains, fruits, vegetables, and dairy. Aim for 2-4 servings of fruits and 3-5 servings of vegetables each day.
- Reduce sodium intake. Salt causes the body to retain fluids, which could make lymphedema worse. Recommended daily intake is 2,300 mg. If you have heart disease, diabetes, or kidney disease, the limit is 1,500 mg.

## BEVERAGES

- Drink plenty of water; 64 ounces (eight 8oz. glasses) is recommended.
- Avoid alcoholic and/or caffeinated beverages.



## MEDICATION

Avoid diuretics, which can dilate the lymph tissue and cause increased swelling.

If you are currently taking any of the following types of medications, discuss with your doctor if you should continue, discontinue, or change your dosage:

- Calcium channel blockers (blood pressure medications like amlodipine)
- Nonsteroidal anti-inflammatory drugs (NSAIDs like ibuprofen)
- Corticosteroids (such as prednisolone)
- Hormones (such as tamoxifen)