

## Three pillars in lymphoedema treatment

Krzesniak NE

Lymphoedema is a devastating, life long disease. Patients referred for a treatment present different conditions and stages of disease. Proper disease control is necessary to protect them against severe complications. Only multidisciplinary approach allows to answer their needs. To stop uncontrol limb growth and to reduce an additional volume, three pillars of the treatment including: inhibition of chronic inflammation, fluid accumulation prevention and lymph out-flow improvement should be used. Combined treatment should be tailored to the stage of disease and the risk of complications. Life-long follow-up is needed.

## Lymphoedema therapy in Poland

Lymphoedema belong to the one of the less understood diseases, however around 300 million people in the world is deeply affected by it. Only coordinated treatment of chronic inflammation and inhibition of persistent lymph accumulation makes patients benefit from it. Polish school of lymphoedema treatment had been established by Professor Waldemar Lech Olszewski over 50 years ago. Beside lymphovenous shunts, long term penicillin prophylaxis and pneumatic drainage with hydromechanically justified pressure were proposed. Mechanical removal of lymph by implanted silicon drains seems to be a solution in advanced cases. This technic was successfully applied to more than 150 patients, and it is beneficial to them. Developing Super-Microsurgical approaches bring hope for usage of minimal-invasive lymphaticovenous anastomosis or own tissues to help patients in this devastation condition.