

lymphedivas®

SPRING/SUMMER 2019



## *our story*

The story of LymphedIVAs began in Philadelphia when two young breast cancer survivors, Rachel Troxell and Robin Miller, developed lymphedema, a side effect of breast cancer treatment that can cause permanent swelling in the arms. Their physicians and lymphedema therapists recommended a compression sleeve as the most effective way of controlling the swelling. When they researched the options for the sleeve, they found that the only ones available were rough textured, heavy, hot, beige, and bandage-like. Frustrated and dismayed over the lack of options, Robin and Rachel met with Kristin Dudley, a fashion designer, to discuss their idea of creating a more elegant and comfortable compression sleeve.

In late 2007, Robin left the company. Soon after, Rachel discovered her breast cancer had returned. While she was in treatment, she continued building LymphedIVAs, which brought her much joy during a difficult time in her life. Rachel died January 22, 2008, at the age of 37. Her determination and compassion to improve the lives of breast cancer survivors is very much ingrained in the spirit of LymphedIVAs.

Today, LymphedIVAs' products can be found in retail locations nationwide and internationally. At Rachel's request, her father, Dr. Howard Levin and her mother, Judy Levin took over the responsibility of running the company which their daughter helped found. In August of 2010, Rachel's little brother, Josh Levin, joined the company and is now running it with his parents. They all hope that LymphedIVAs' compression apparel will continue to inspire breast cancer survivors everywhere to feel as beautiful, strong and confident as Rachel was.



1970-2008  
**Rachel Levin Troxell**



## garment features



Pulls sweat away from the body.



Keeps the arm cool and dry.



Replicating a 'second skin'.



Smooth & comfortable construction.



Moves with your arm. Prevents binding and pitting.



Provides maximum comfort.



Allows a full range of unrestricted motion.



For added softness and protection.

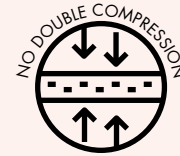


Works like a pump to push lymphatic fluid toward the body.



Superior knit for durability and function.

## glove & gauntlet features



State-of-the-art knit eliminates gauntlet & glove double compression at the wrist when worn with an arm sleeve.



In the gloves, graduated pressure is delivered from fingers into the palm, pushing fluid toward the body.

# healing inside & out

## OUR PHILOSOPHY

We are dedicated to creating medically correct compression apparel for the savvy breast cancer survivor with lymphedema that will inspire her to feel beautiful, strong and confident. The medical requirements are obvious, but the emotional aspect of healing is important and often ignored. A positive mindset can often lead to a much better physical response.

## TAKING CONTROL OF YOUR LYMPHEDEMA

Many of the sleeves prescribed and purchased are worn a few times and then hidden in the back of a drawer because of distaste and discomfort. A compression sleeve cannot help to manage lymphedema by sitting in a drawer. With LymphedIVAs you can take back control and manage your lymphedema with style, grace, and confidence by wearing a garment that is easy to wear, fashionable, and comfortable. Our customers are more likely to derive the benefits from their compression garments simply because they are more likely to wear them and less likely to suffer complications!

## COMPRESSION GARMENTS & LYMPHEDEMA

Lymphedema can be managed through a variety of therapies. Compression garments are one such therapy. For many patients, compression garments are worn as a part of their self-management plan they have developed with their doctor or therapist. LymphedIVAs sleeves, gauntlets, and gloves are available in Class 1 (20-30 mmHg) and Class 2 (30-40 mmHg) levels of compression. They utilize graduated compression to push lymph fluid toward the body and increase the pressure inside the arm, making it easier for the lymphatic system to do its job.

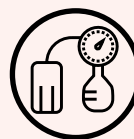
## WHEN TO WEAR YOUR COMPRESSION GARMENTS

We recommend consulting with a doctor or lymphedema therapist to find the most appropriate therapy for you. The National Lymphedema Network recommends wearing a sleeve with glove or gauntlet during air travel, while exercising and when performing any repetitive and rigorous task.



# lymphedema risk reduction tips

## AVOID TOURNIQUETS



A tourniquet on your at risk or affected limb can cut off the lymphatic flow and may increase your lymphedema risk. Some things that may cause a tourniquet are wearing tight jewelry, bra straps and straps from backpacks or purses. It is best to have your blood pressure taken on an unaffected limb.

## AVOID BURNS



Any burn to the affected limb may trigger lymphedema. Be sure to protect your arm from sunburn, using sunblock and covering your affected limb when possible. Use oven mitts when cooking and be aware of hot surfaces. Avoid hot tubs and saunas.

## AVOID INFECTION



An injury to the affected limb can introduce outside bacteria and start an infection. To avoid infection have blood drawn & shots given on an unaffected limb. Protect yourself by wearing gloves when cleaning or gardening. Be aware of and immediately treat any cuts, scratches or bug bites.

## AVOID MUSCLE STRAIN



Studies show that exercising with lymphedema (when wearing a graduated compression garment) can have a positive effect. When exercising, listen to your body and try not to overdo it. Work with your doctor to determine the intensity of exercise that is right for you.

## KEEP A HEALTHY LIFESTYLE



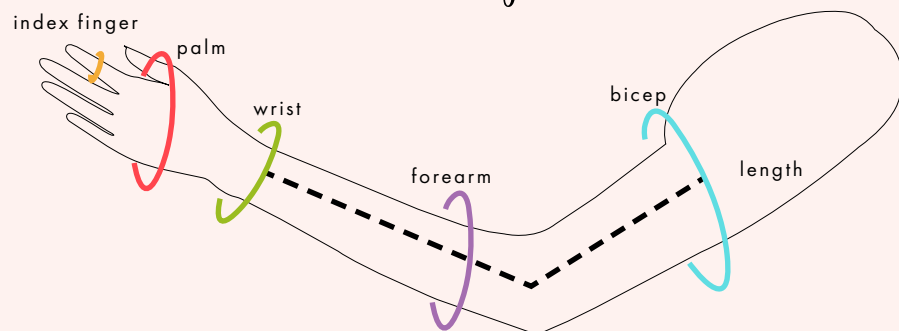
Show yourself some love by pampering your skin with pH balanced lotions and soaps. Moisturized skin will be less likely to crack, which can reduce your chances of infection. Studies suggest that maintaining a healthy weight reduces the risk of developing lymphedema and can make lymphedema more manageable.

# signs of lymphedema

Full feeling in your arm • Difference in size between the affected and non-affected arm • Weakness in your arm • Limited arm mobility • When pressing on the affected arm for twenty seconds, the impression of the fingers remain.

*If you experience any of these symptoms, please contact your doctor.*

## sizing



### INDEX FINGER

S 4.4 – 6 cm  
M 5.5 – 7.5 cm  
L 6.6 – 9 cm

### PALM

S 15 – 18.7 cm  
M 19 – 21.9 cm  
L 22 – 26 cm

### WRIST

S 15 – 19 cm  
M 16.5 – 21.6 cm  
L 19 – 23.5 cm

### FOREARM

S 17.8 – 23.2 cm  
M 23.5 – 28.7 cm  
L 28.9 – 34.3 cm

### BICEP

S 21.6 – 39.4 cm  
M 27 – 45 cm  
L 32.4 – 50.5 cm

### LENGTH

Short 37 – 43 cm  
Long 42 – 56 cm

To get the most accurate measurements it is best to have a therapist, professional fitter or friend measure your arm for you. Relax and bend your arm slightly in the elbow. Your arm should not be completely straight, nor fully bent. With each measurement, pull the tape around your arm to the point of gentle tension.

**INDEX FINGER** Relax your finger, measure the knuckle circumference.

**PALM** Measure the top of your palm, just under your knuckles.

**WRIST** Measure over the little bone on the outside of your wrist.

**FOREARM** Measure the fullest part of your forearm.

**BICEP** Measure the fullest part halfway between your elbow and your armpit. If you have any extra skin here, gather it together as much as possible. You should hold the tape a bit tighter here so that all your skin is encircled evenly.

**LENGTH** Measure your arm length from the top of your arm to your wrist.

*If you are in between sizes, please consult a medical professional, professional fitter, lymphedema therapist or LymphEDIVAs to ensure proper fit.*

## fitter's aid app

The Fitter's Aid App® provides a sizing recommendation and approximate compression level at each measuring point for LymphEDIVAs garments. To get a Fitter's Aid sizing recommendation visit [www.lymphedivas.com](http://www.lymphedivas.com).

## donning & doffing



### ARM SLEEVE DONNING

First, turn down the top of the sleeve, so it's folded over itself. Second, pull the sleeve over your hand until the end of the sleeve is at the pictured position on the wrist. Last, gently pull the rest of the sleeve evenly up over the arm to the armpit. Equally spread the sleeve over the whole arm so that there are no constrictions or wrinkles.



### GLOVE DONNING

Pull the glove on your hand. Adjust the fingers by gently pulling each glove finger opening down to your nail bed, leaving the tips of your fingers exposed. Smooth out any extra fabric over the length of your fingers. As you begin to use your hands, the finger fabric will naturally fall into place and distribute evenly over your fingers.



### GLOVE DOFFING

To remove the glove lightly tug up each glove finger to loosen. Gently slide the non-gloved hand into the glove opening at the wrist to push the glove up and off the hand. This method will allow you to remove the glove without turning it inside out.

## garment care

Caring for your garment is as easy as 1-2-3! Following the care instructions will ensure that your garment lasts the full 4-6 months while retaining compression.



1. Place the garment in a delicates bag to prevent snagging.
2. Wash on delicates cycle with cold water using a gentle detergent.
3. Tumble dry low.

- Do not wring dry
- Do not line dry
- Do not dry clean
- Do not use chemical solvents
- Do not use fabric softeners
- Do not use bleach
- Do not use any other laundry additives



## medical advisors

*We work with physicians, physical therapists, nurses, nurse practitioners and physician assistants to assure that the products we design are medically correct. Our medical advisory team oversees the development of our products and helps us monitor product testing.*

### **HOWARD A. LEVIN, M.D.**

Chief Medical Officer

Medical School: New York University, 1966

Dr. Levin is the father of the founder of LymphEDIVAs, LLC, Rachel Levin Troxell. Following graduation from Medical School, he was trained in Internal Medicine in the Harvard training program at Beth Israel Hospital, Boston, Mass. He spent the next four years as a post doctoral fellow in Immunology and Rheumatology at Harvard University and a year at the Weizmann Institute of Science in Israel as a Fullbright Scholar. In 1972 he then received an appointment as Senior Staff Fellow in the Immunology Department of the National Cancer Institute in Bethesda, Maryland. From 1976-1988 he practiced Internal Medicine and Rheumatology and served as Medical Director of the 70 physician San Jose Medical Group in San Jose, California. After several years as a medical director for an insurance company he spent 10 years as a management consultant and partner with Milliman, USA, an Actuarial and Management Consulting Company. Dr. Levin is currently vice president and chief medical officer for LymphEDIVAs.



### **JEANNETTE ZUCKER, PT, DPT, CLT-LANA**

Graduate School: New York University, 2002

Jeannette Zucker holds a Doctorate in Physical Therapy from New York University. She received her lymphedema certification from Klose Norton School of Lymphatic Therapy in 2002 and started her career at Memorial Sloan Kettering Cancer Center in 2003. She assisted with the development and expansion of the lymphedema therapy program and advanced through the clinical levels from Staff Physical Therapist to Senior Physical Therapist and then to Lymphedema Clinical Specialist. Currently as Outpatient Therapy Supervisor she continues to work on further developing the lymphedema service to promote the awareness, early diagnosis, and risk minimization of lymphedema.



Jeannette joined the faculty of the Norton School of Lymphatic Therapy in 2009 and serves on the Medical Advisory Board for LymphEDIVAs as well as for Lohmann & Rauscher. She is certified by the Lymphology Association of North America (LANA), was awarded the Susan G. Komen Scholarship by the National Lymphedema

Network (NLN) in 2006, and was honored in 2012 by a New York State Senate Legislative Resolution (K901-2011) for outstanding advocacy and promotion of lymphedema awareness.

Jeannette has served on the Scientific Committee of the NLN conferences since 2008, served as Chair of the Scientific Committee in 2017, and is the Scientific Committee Chair of the 2019 NLN Conference. She continues her dedication to the lymphology community by serving as Executive Director of the National Lymphedema Network. Her professional interest is to promote advocacy, awareness, and clinical education related to lymphedema and lymphedema therapy while encouraging patient empowerment and clinician engagement.

### **ANDREA L. CHEVILLE, M.D.**

Medical School: Harvard Medical School

Fellowship: Memorial Sloan Kettering Cancer Center

Dr. Cheville currently is Senior Associate Consultant at the Mayo Clinic in Rochester, MN, specializing in cancer rehabilitation, lymphedema, and survivorship. Until August 2006, Dr. Cheville directed the Cancer Rehabilitation and Lymphedema Programs at the Hospital of the University of Pennsylvania in Philadelphia, PA. A leader in the field of cancer rehabilitation, pain control and symptom management, Dr. Cheville has published papers on cancer rehabilitation and is a nationally recognized expert in this field. Lymphedema is a primary focus of Dr. Cheville's research, and she serves on the Medical Advisory Committee of the National Lymphedema Network and is a board member of the Lymphology Association of North America. Dr. Cheville has been recognized in Philadelphia Magazine's May 2002, 2005, 2006 Top Docs issue, and has been recognized by Best Doctors in America 2005-2006.



# giving back

Giving back is at the core of our company mission. Your purchase of the select garments below supports the following organizations.

## KEEP A BREAST

The Keep A Breast Foundation Breast Casts™, are one-of-a-kind plaster forms that combine sculpture, charity, and artistry. They communicate complex emotions about breast health and the female form, allowing the castee to capture a specific point in her breast cancer journey.



Arm Sleeve



Glove

Gauntlet

#00234 **Dennis McNett**

## METAVIVOR

Metavivor supports metastatic breast cancer patients by funding research, raising awareness of metastatic breast cancer and offering support to patients and caregivers.



Arm Sleeve



Glove

Gauntlet

#00292 **Hope**

## Lymphatic Education & Research Network

The Lymphatic Research & Education Network (LE&RN) fights lymphatic disease and lymphedema through education, research and advocacy.



Arm Sleeve



Glove

Gauntlet

#00193 **Hospital**



Arm Sleeve

Arm Sleeve



Glove

Gauntlet

Glove

Gauntlet

#00297 **Thrive**

#00242 **Warriors in Pink**

## the PINK FUND

Our collaboration with The Pink Fund is made possible by Ford Motor Company's Warriors in Pink. The Pink Fund formed to help breast cancer patients focus on healing, raising their families, and returning to the workplace. The Pink Fund provides non-medical financial aid to cover basic cost of living expenses.



## LIVING BEYOND BREAST CANCER®

The vision of Living Beyond Breast Cancer (LBBC) is a world where no one has to face breast cancer alone. The LBBC provides support, information and community for those that have been impacted by breast cancer.



Arm Sleeve



Glove

Gauntlet

#00249 **Yogi**

*solid colors*



#00025 **Bei Chic**



#00006 **Fuchsia**



#00013 **Mocha**



#00004 **Onyx**



#00014 **White**



# new arrivals



#00299 **Bahama Mama**



#00300 **Go Fish**



#00301 **Let's Flamingle**



#00302 **Mandala**



#00303 **Pin Up**



#00304 **Summer Nights**





#00274 **Anastasia**



#00243 **Athena**



#00257 **Ava**



#00289 **Ayana**



#00117 **Bali Night**



#00118 **Bali Sand**



#00239 **Begonia**



#00288 **Birds of Paradise**



#00018 **Black Paisley**



#00098 **Bloomin' Betty Dark**



#00099 **Bloomin' Betty Light**



#00114 **Blue Bandit**



#00185 **Bodhi Beige**



#00186 **Bodhi Mocha**



#00223 **Bones**



#00181 **Butterfly Meadow**



#00178 **Camouflage Pink**



#00275 **Celestial**



#00279 **Celtic**



#00182 **Chloe**



#00224 **Cyborg**



*I was diagnosed with invasive and inflammatory breast cancer 2 years ago. Wearing my sleeves and gauntlets from LymphEDIVAs help manage my chronic lymphedema and make me feel beautiful.*

*-Michaela*





#00204 **Dahlia**



#00214 **Daisy Dark**



#00215 **Daisy Fair**



#00216 **Daisy Tan**



#00100 **Damask**



#00101 **Damask Bei Chic**



#00102 **Damask Mocha**



#00173 **Darling Dark**



#00171 **Darling Fair**



#00172 **Darling Tan**



#00019 **Denim Diva**



#00293 **Desdemona**



#00058 **Diva Dots**



#00258 **Festival**

*I am 2 years post cancer and having to wear sleeves - I have to wear my sleeves and gloves 24 hours a day so having the option of designs has made my acceptance so much easier. I have tried other sleeves and LymphedIVAs are the most comfortable, durable, and stylish for sure. This will be life long for me so thank you for the options.*

*-Pam*



#00225 **Fierce Beige**



#00226 **Fierce Mocha**



#00136 **Firefly Blue**



#00135 **Firefly Purple**



#00230 **Flora**



#00218 **Flutter**



#00294 **Fury**





#00245 **Glamazon**



#00252 **Grace**



#00206 **Great Wave**



#00219 **Hummingbird**



#00283 **Impressions**



#00201 **Inked**



#00207 **Irises**







#00290 **Kiku**



#00269 **Kittens**



#00231 **Koi**



#00009 **Leo Leopard**



#00111 **Lotus Dragon Tattoo**



#00184 **Luna**



#00232 **Magnolia**

*After having 23 lymph nodes removed from my left axillary region along with a bilateral mastectomy, lymphedema and cording was almost immediate. I have been wearing a LympheDIVAs compression sleeve for over a year and a half now. I've worn them, while I hiked in Patagonia and Yellowstone as well as working as an equine vet. They survived working on horses during Hurricane Harvey!*

*-Andrea*







*The best thing I have done for my arm since my surgery. So attractive, a great conversation starter and everyone who sees my arm wants to get one.*

*-Denise*



#00296 **Santa Fe**



#00188 **Sapphire**



#00260 **Sea Breeze**



#00277 **Secret Garden**



#00285 **Serenity**



#00247 **Speakeasy**



#00209 **Starry Night**



# crystals

crystal designs are available  
on any solid color arm sleeve



America Crystal



Black Crystal Ribbon



Crystal Hearts



Crystal Swirl



Pink Crystal Ribbon



Crystal Clover



Crystal Snowflake



#00091 **Sunburst**



#00286 **Sundown**



#00072 **Sweet Pea**



#00106 **Tattoo Blossom**



#00253 **Tiffany**



#00116 **Tranquility**



#00183 **Viva Vida**



#00298 **Wander**



#00291 **Wild Horses**



#00287 **Wolf Song**

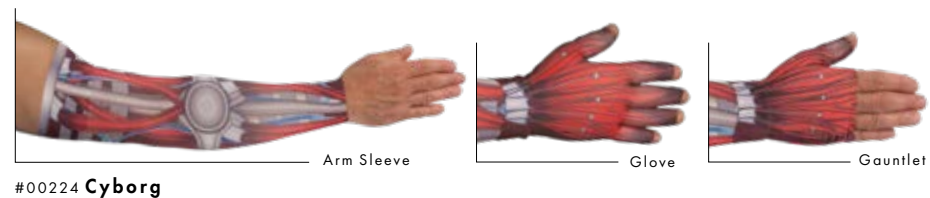


#00189 **Zahara**



# LYMPHEDUDES®

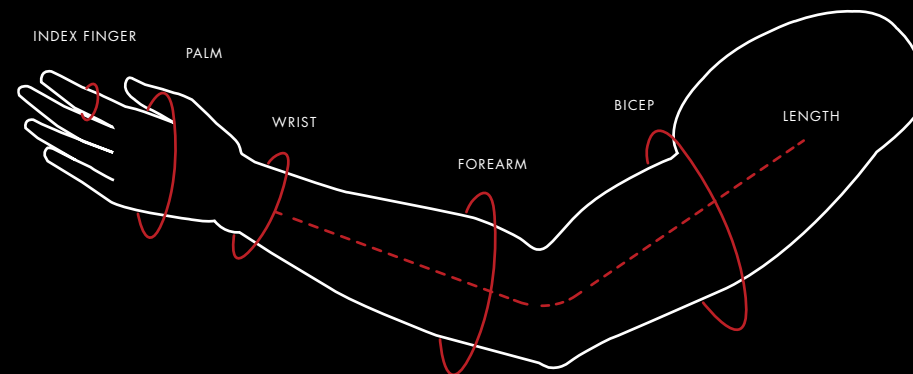
medically correct *compression* for lymphedema







## SIZING



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#00206 **Great Wave**



#00193 **Hospital**



#00201 **Inked**



#00231 **Koi**



#00111 **Lotus Dragon Tattoo**



#00248 **Military Camouflage**



#00259 **Misfit**



#00236 **Music City**



#00295 **Nightfall**



#00303 **Pin Up**



#00091 **Sunburst**



#00287 **Wolf Song**



# lymphedivas

medically correct *fashion*  
for lymphedema

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