

Lymphedema Clinic



Covenant Medical Center
Wheaton Franciscan Healthcare
In Partnership with Schoitz Health Resources

Covenant Medical Center offers inpatient and outpatient services for the treatment and preventative care for patients who have been diagnosed with lymphedema, edema, or venous insufficiency. Lymphedema involves the swelling of a body part (arms, legs, trunk, or face) due to trauma of the lymphatic system. The trauma can include cancer (with lymph node removal), radiation, or any kind of surgery or condition in which the lymphatic vessels and/or lymph nodes have been compromised.

Occupational therapist Angela McHone, MOT, OTR/L, CLT has been specially trained in the therapeutic management of lymphedema, edema, or venous insufficiency. They also are able to offer patients with this condition comprehensive treatment consisting of:

- Assessment of inflammation/swelling
- Therapeutic massage
- Compression bandaging
- Exercise
- Recommendations for fitting of compression garments
- Adaptations for activities of daily living
- Education so patients can fully participate in care and help prevent recurrent problems
- Use of compression pump, as appropriate



Angela McHone, MOT, OTR/L, CLT

Inpatient Services

- Available at Covenant Medical Center in the Occupational Therapy Department as part of rehabilitation services
- A physician's referral to the Lymphedema Clinic is necessary (Occupational Therapy Evaluation and Treatment)

Outpatient Services

- Available at Covenant Cancer Treatment Center
- A physician's referral to the Lymphedema Clinic is necessary (Occupational Therapy Eval & Treat)
- Schedule an appointment through the central scheduling office at 319.272.2700
- Services will be provided by occupational therapist Angela McHone, MOT, OTR/L, CLT
- If you have specific questions, she can be reached at 319.272.2800

The length of treatment for each patient is dependent on the severity of the lymphedema/edema. Follow up treatment and assessment is incorporated into the care plan as needed, based on the physician's referral. Throughout the treatment process patients and their family members, friends and caregivers will learn to take an active, committed role in managing lymphedema on a long-term basis.

Lymph-ed-ema

When lymph channels become blocked and one's lymph cannot drain properly, fluid may accumulate. Blockage can be caused by infection, scar tissue in lymph channels, parasites and hereditary conditions.

E-de-ma

The medical term for swelling – it is an abnormal amount of fluid between body cells. It can occur in one area or many areas of one's body.

Benefits of this comprehensive treatment program include:

- Improved functioning
- Decreased swelling
- Pain management
- Increased strength
- Extended range of motion
- Improved skin care
- Cosmetic and psychological value