

Maryanne's Story



It was 12 months post operatively when I developed lymphoedema. At first I thought it was just a bit of swelling and that a few diuretics, elevation and a reduced workload would alleviate the problem...it didn't.

It persisted and the more it persisted the more I tried to ignore it. In reflection, I guess I was trying not to be reminded of having breast cancer. As the pain got worse, the swelling travelled down my arm and to my fingers.

I had a left axillary clearance and being left handed added to my dilemma. It became more difficult to function with everyday activities, like writing and I had to give up wearing my wedding rings.

I looked at lymphoedema as being similar to being diagnosed with breast cancer "an inconvenience...but life had to go on" However, I needed someone to help me – a lymphoedema therapist