

Manual Lymphatic Drainage

The Benefits of Regular Treatments

Combined Decongestive Therapy (CDT)

The Treatment for Lymphoedema

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Combined decongestive therapy – The Treatment for Lymphoedema

I direct the Oceanico Medical Clinic in Spain. We are a team of 9 people in health care, working in the field of vascular pathologies, both venous, lymphatic, fleboedemas, Lymphoedemas and post-surgical. This is precisely what has brought us here today together with The Sanctuary. To inform and promote the care and improvement of health particularly in Lymphoedemas through the treatment called Combined Decongestive Therapy.

Firstly, I will try to explain the Lymphatic System. This is an important, vital, necessary and little understood system.

In comparison with other systems of the body it could be said that anatomically it has taken longer to be discovered. Due to anatomical difficulties of dissection, Jean Pecquet in 1651 was the first to describe the largest lymphatic vessel in the body. Thirty years before, Gasparo Aselli found a lymphatic vessel in a dog. The vessels were very difficult to see when the dissected dog had been fasting. It was much easier to see when the dog used in dissection had eaten. This discovery led him to think about the relationship between the digestive process and the vessels he had discovered.

Two other reasons for the difficulty of understanding the lymphatic system are, their situation in the body and the other reason their function. In reference to the situation, the lymphatic system is found throughout the body. It is not like the pulmonary, urinary or digestive systems, where all its organs are together and directly connected. The organs of the lymphatic system are completely dispersed throughout the body. For example the tonsils in the mouth, the spleen in the abdomen, the thymus behind the sternum, the lymphatic lymph nodes grouped in the neck, the armpit, the groin, the red marrow and the mucous membranes of the body. All of which are lymphatic organs. The lymphatic system fulfils two functions one the defensive system of the immune system. The other function is lymph circulation.

The Lymphatic system not only effectively cleanses our body but at the same time protects us thus forming the Immune system. It cleanses together with the venous system all the debris around the cells. It can be compared to the cleaning systems in a city to maintain a clean street. We need to clean small things as would the sweepers.

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This is the Venus System. We also need trucks to clean the big things. This is the Lymphatic system. You can imagine what would happen if the cleaning trucks did not do their job effectively.

Lymphoedema and photo Lymphoedema upper extremity

What is Lymphoedema? Lymphoedema is all edemas of Lymphatic origin. It is an accumulation of fluid and proteins in the interstitial tissue due to the circulation failure of The Lymphatic System.

It is divided in to Primary and Secondary.

Primary: is when failure is congenital. In this case women are more affected than men (85% vs 15%) It may exist at birth but may develop later in life usually during puberty. Slight injuries, distortion, an insect bite or long air journeys may be the cause of the appearance of Lymphoedema Primary.

Secondary: is when the failure of the lymphatic system is acquired throughout life from outside the Lymphatic system. This could be post surgery, post radiation or post trauma.

Combined Decongestive Therapy (CDT)

The CDT is born from the international consensus of the congresses on Lymphology. Conventional medicine recognises CDT as the treatment for Lymphoedema. CDT is a combination of proven therapies and techniques. Here we present them divided by their function into four groups.

STIMULATION PATTERNS

MLD: Manual Lymphatic Drainage is a method of manual therapy. Its purpose is to move the liquid, stimulate the lymphatic and venous valves and improve the connective tissue.

Specific exercise: Based on breathing the speed of muscle contraction (muscle pump) or immersion in a pool. Half an hour of walking in the water is the equivalent to one and a half hours walking.

Compression Patterns: Multilayers bandage customised for each extremity is very effective and useful.

Containment Patterns: These are the custom made compression stockings.

Hygiene Patterns: Being the right weight is very important. If the person gets fat Lymphoedema increases. If the person thins Lymphoedema reduces in volume. Skin Care: Regular use of PH- neutral cream that does not contain alcohol or perfume is an important precaution.

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How to apply Combined Decongestive Therapy

The CDT is divided into Intensive Treatments and Maintenance Treatments.

Intensive Treatment: Decongestive phase. Two daily sessions for six days once a year. Two sessions by day of MLD and bandage. One session in the morning and the other in the afternoon. Whose mission is to reduce volume and apply containment patterns. Custom made compression stocking.

Maintenance treatment: The object is to maintain the results. One or two sessions per month of MLD and bandage then apply the sleeves.

There are so many benefits to regular treatments of MLD and CDT. Please feel free to contact us on 01708 251124 where we can put you in touch with one of our Specialists who can discuss your specific situation and needs.

We are proud to be a Centre of Excellence in Manual Lymphatic Drainage offering personal treatment plans with world class therapists and highly sought after training courses with our MLD Experts.

Not only will you benefit from excellent treatment packages, you will receive your treatments within our wonderful Sanctuary. We have a beautiful Therapy Centre based in Upminster, Essex set within lovingly cared for gardens - a truly tranquil haven.

We look forward to helping you.