

lymphedivas®

spring/summer 2016

Beautiful
sleeves,
gauntlets
& gloves



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.

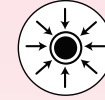
In late 2007, Robin left the company. Soon after, Rachel discovered her breast cancer had returned. While she was being treated, she continued building LymphedIVAs, which brought her much joy during a difficult time in her life. Rachel died January 22, 2008, at the age of 37. Her determination and compassion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



Rachel Levin Troxell 1970-2008

glove features



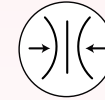
correct finger compression

Graduated pressure is delivered from fingers into the palm, circulating fluid toward the body.



completely seamless design

Completely seamless design reduces binding and finger webbing irritation.

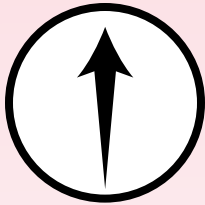


no double compression

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

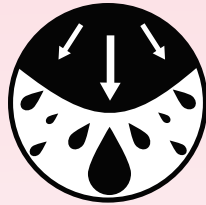


garment features



graduated compression

All garments are available in Class 1 (20-30 mmHg) and Class 2 (30-40 mmHg) graduated medical compression.



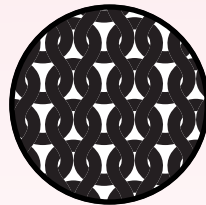
moisture wicking

Pulls sweat away from the body, cools the arm and is fast drying.



360° stretch

Allows our garments to stretch as your arm bends and flexes. Prevents binding at the elbow.



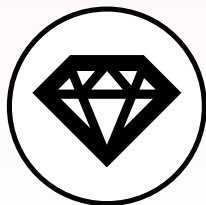
fine knit

A fine knit construction produces a smooth lightweight surface replicating a 'second skin.'



aloe vera

A fabric finishing process adds unscented Aloe vera moisturizing micro-capsules for added softness and skin protection.

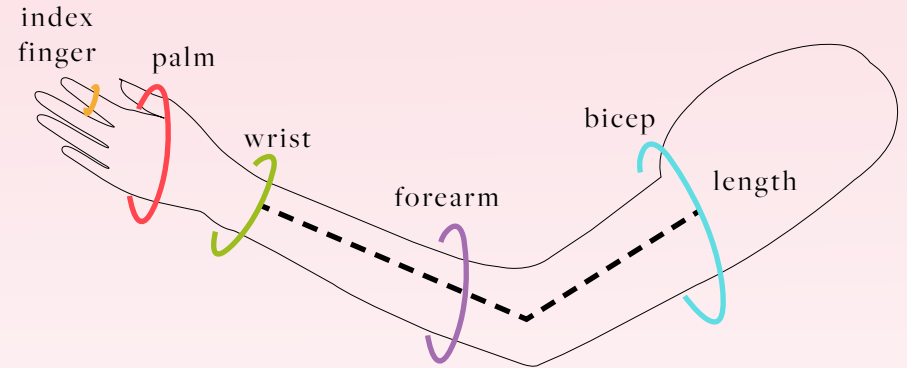


diva diamond band

The diva diamond band is an optional latex and silicone-free gripper on the inside top cuff of the sleeve.

All colors and patterns featured in the catalog are available in arm sleeves, gauntlets and gloves.

sizing



● index finger	● palm	● wrist
S 4.4 – 6 cm	S 15 – 18.7 cm	S 15 – 19 cm
M 5.5 – 7.5 cm	M 19 – 21.9 cm	M 16.5 – 21.6 cm
L 6.6 – 9 cm	L 22 – 26 cm	L 19 – 23.5 cm
● forearm	● bicep	○ length
S 17.8 – 23.2 cm	S 21.6 – 39.4 cm	Short 37 – 43 cm
M 23.5 – 28.7 cm	M 27 – 45 cm	Long 42 – 56 cm
L 28.9 – 34.3 cm	L 32.4 – 50.5 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 Let your finger relax, 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.

risk reduction

Guidelines for reducing the risk of lymphedema for those who have had lymph node removal and/or radiation.



avoid restrictive clothing

Wearing tight jewelry on the affected arm or hand will create a tourniquet effect. Blood pressure should be taken on the unaffected arm or thigh when both arms are affected. Carry briefcases and/or purses on the opposite arm.



keep skin protected

Use pH balanced lotions and soaps. Protect hands with gloves when cleaning.



avoid infection

Have blood drawn & shots given on the unaffected arm. Keep your skin clean and protected from cuts and scratches. Always carry band-aids!



keep a healthy diet

Maintaining a healthy weight lowers the risk for developing lymphedema. Lower sodium intake.



avoid muscle strain

It is okay to do normal activities & exercise with the affected arm, but don't overdo it! Consult with a doctor about the level of activity that is right for you.



avoid burns

Protect your arm from sunburn. Use oven mitts when cooking & avoid splash burns from steaming foods. Do not use hot tubs or saunas.

signs of lymphedema

A full feeling in your arm • A difference in size between the affected and non-affected arm • A weakness in your arm or not being able to move it as far • When pressing on the affected arm for twenty seconds, the impression of the fingers remain.

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. LymphEDIVAs 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 Class 1 (20-30 mmHg) and Class 2 (30-40 mmHg) medical devices. They utilize graduated compression and act as a pump to encourage the lymph vessels to push the lymph fluid toward the body and reduce swelling.

when to wear your compression garments

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

new arrivals



AVA



FESTIVAL



MISFIT



SEA BREEZE



GRACE



BODHI MOCHA



DAMASK MOCHA



DAISY DARK





BODHI BEIGE



PURPLE PAISLEY



NAMASTE



BLUE BANDIT



DAISY TAN



MARIPOSA BEIGE



FLUTTER



SOUTH PACIFIC



DAHLIA



HUMMINGBIRD

DIVA DOTS



CURRENTS



MARIPOSA PINK



CHLOE



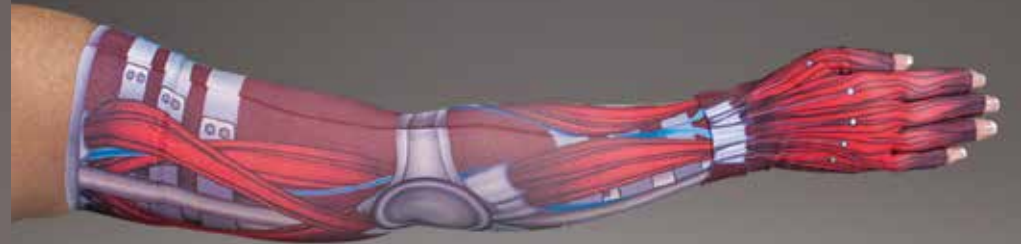
TRIUMPH



HOSPITAL



COSMOS



CYBORG



PHOENIX



MILITARY CAMOUFLAGE



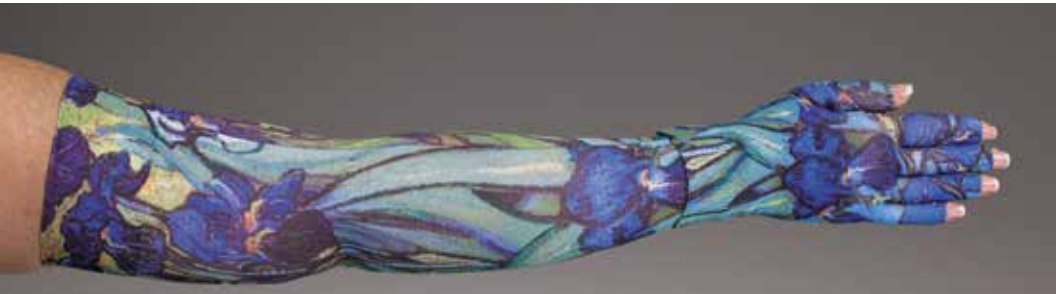
BONES



STARRY NIGHT



GREAT WAVE



IRISES



ADELE

ALMOND BLOSSOMS





ATHENA



KRAKEN



INKED



FIERCE BEIGE



DENNIS MCNETT

LEO LEOPARD



FIERCE MOCHA



GLAMAZON



PEACOCK



MOONLIGHT



PRIMAVESI



SAPPHIRE



MARAKESH



TIFFANY



WARRIORS IN PINK

SUNBURST



NEON GLOW



SWEET PEA



DENIM DIVA



ZAHARA



BALI SAND



BEGONIA



DAMASK BEI CHIC



BLACK PAISLEY



MAGNOLIA

FIREFLY PURPLE



FIREFLY BLUE



LUNA



BUTTERFLY MEADOW



CAMOUFLAGE PINK

BLOOMIN' BETTY LIGHT



BALI NIGHT



DAMASK



TATTOO BLOSSOM



BLOOMIN' BETTY DARK

FLORA



PLUM BLOSSOM



DAISY FAIR



TRANQUILITY



GEM



ROMANTIC ROSE



LOTUS DRAGON TATTOO



WILD



VIVA VIDA



MUSIC CITY

KOI





SPEAKEASY



MIDNIGHT LACE



SHADOW



DARLING DARK



DARLING FAIR



DARLING TAN



BEI CHIC



FUCHSIA



MOCHA



ONYX



WHITE



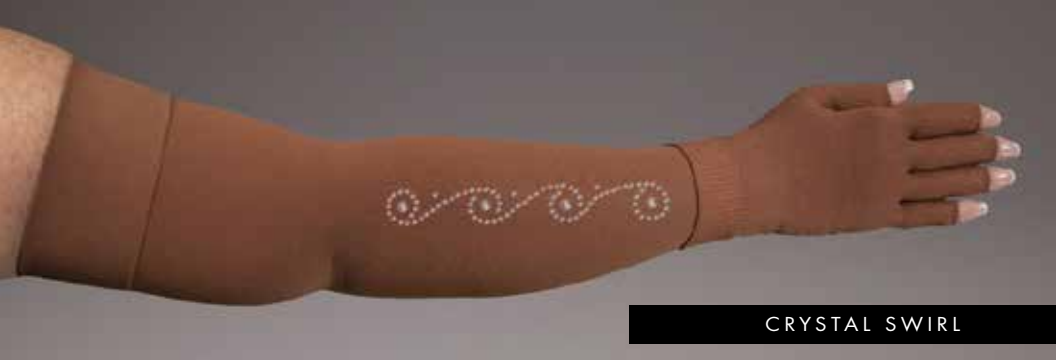
BLACK CRYSTAL RIBBON



PINK CRYSTAL RIBBON



CRYSTAL CLOVER



CRYSTAL SWIRL



CRYSTAL HEARTS



AMERICA CRYSTAL*

Glam It Up!

add a crystal design to any solid color sleeve

*seasonal

giving back

Giving back is at the core of our company mission and we are so proud to support the following organizations. Help contribute to these amazing organizations by purchasing select garments marked with the emblems below.



treasured chest program

The Keep A Breast and Young Survival Coalition's Treasured Chest Program gives any woman diagnosed with breast cancer an opportunity to document her body and feelings, by turning her casted torso into a beautiful work of art. These unique pieces, 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.

the pink fund through ford warriors in pink

Our collaboration with The Pink Fund is made possible by Ford Motor Company's Warriors in Pink, raising funds to support breast cancer research and education. The Pink Fund formed to help breast cancer patients focus on healing, raising their families, and returning to the workplace. Unable to work, breast cancer patients experience a loss of income that can result in catastrophic financial losses. The Pink Fund provides up to 90 days of non-medical financial aid to cover basic cost of living expenses. By providing this financial bridge, The Pink Fund helps to meet basic needs, while decreasing stress levels. These factors help breast cancer patients focus on healing, and improve survivorship outcomes and quality of life.



lymphatic research & education network

The mission of the Lymphatic Research & Education Network (LE&RN) is to fight lymphatic disease and lymphedema through education, research and advocacy. They seek to accelerate the prevention, treatment and cure of the disease while bringing patients and medical professionals together to address the unmet needs surrounding lymphatic disorders.



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.



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.

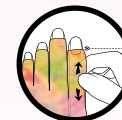


last, gently pull the rest of the sleeve evenly up over the arm to the armpit. Make sure the sleeve is equally spread over the whole arm and that there are no constrictions or wrinkles.

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.

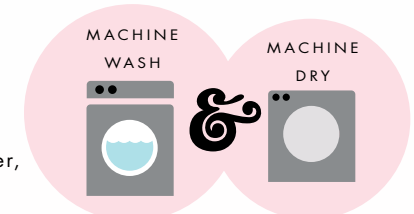
GARMENT CARE

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 lingerie bag to prevent snagging.
2. Machine wash in warm water using a gentle detergent.
3. Machine dry at medium heat.

do not: hand wash, wring dry, line dry, dry clean

do not use: chemical solvents, fabric softener, bleach or any other laundry additive



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, DPT
Graduate School: New York University, 2002



Jeannette Zucker holds a clinical 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 (MSKCC) in 2003. In 2004, Jeannette assisted with the establishment of the lymphedema therapy program at the main campus and as the Lymphedema Clinical Specialist she continues to work on further developing the service to promote the awareness, early diagnosis and risk minimization of lymphedema. She leads the support groups

for patients who have, and are at risk, for lymphedema through the Post-Treatment Resource Program. Jeannette received her LANA certification in 2005 and was awarded the Susan G. Komen Conference scholarship by the National Lymphedema Network (NLN) in 2006. In 2007, she helped to develop the Lower Extremity Lymphedema Prevention Program for MSKCC and joined the Scientific Committee of the NLN. She continues to serve on the committee and provide lectures at the biennial NLN Conferences. In 2009, Jeannette joined the faculty of the Norton School of Lymphatic Therapy. In 2010 she joined the editorial board of the NLN's electronic newsletter E-Channel. Her current focus on treatment intervention is edema management regardless of etiology, scar management, and improving facial mobility and skin mobility through manual lymphatic drainage, myofascial release, compression therapy, kinesiotaping and laser therapy.

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.

index

item name	item number	page	item name	item number	page
adele	00238	20	festival	00258	9
almond blossoms	00244	21	fierce beige	00225	22
athena	00243	22	fierce mocha	00226	25
ava	00257	9	firefly blue	00136	33
bali night	00117	35	firefly purple	00135	32
bali sand	00118	30	flora	00230	36
begonia	00239	30	flutter	00218	14
bei chic	00025	42	fuchsia	00006	43
black paisley	00018	30	gem	00251	36
bloomin' betty dark	00098	35	glamazon	00245	25
bloomin' betty light	00099	34	grace	00252	10
blue bandit	00114	13	great wave	00206	20
bodhi beige	00185	12	hospital	00193	18
bodhi mocha	00186	10	hummingbird	00219	15
bones	00223	19	inked	00201	22
butterfly meadow	00181	33	irises	00207	20
camouflage pink	00178	33	koi	00231	39
chloe	00182	17	kraken	00227	22
cosmos	00200	19	leo leopard	00009	24
crystals	varies	44-45	lotus dragon tattoo	00111	38
currents	00203	17	luna	00184	33
cyborg	00224	19	magnolia	00232	31
dahlia	00204	14	marakesh	00067	26
daisy dark	00214	10	mariposa beige	00096	14
daisy fair	00215	37	mariposa pink	00095	17
daisy tan	00216	13	midnight lace	00011	40
damask	00100	35	military camouflage	00248	18
damask bei chic	00101	30	misfit	00259	9
damask mocha	00102	10	mocha	00013	43
darling dark	00173	40	moonlight	00104	25
darling fair	00171	40	music city	00236	38
darling tan	00172	41	namaste	00134	13
denim diva	00019	29	neon glow	00105	29
dennis mcnett	00234	23	onyx	00004	43
diva dots	00058	16	peacock	00208	25

item name	item number	page	item name	item number	page
phoenix	00228	19	tattoo blossom	00106	35
plum blossom	00241	37	tiffany	00253	26
primavesi	00246	26	tranquility	00116	37
purple paisley	00017	13	triumph	00237	17
romantic rose	00112	37	viva vida	00183	38
sapphire	00188	26	warriors in pink	00242	27
sea breeze	00260	9	white	00014	43
shadow	00174	40	wild	00229	38
south pacific	00191	14	yogi	00249	11
speakeasy	00247	40	zahara	00189	29
starry night	00209	20			
sunburst	00091	28			
sweet pea	00072	29			



lymphedivas

medically correct *fashion*
for lymphedema

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866.411.3482 | WWW.LYMPHEDIVAS.COM

