



## LYMPHEDEMA & AIR TRAVEL

Flying presents a challenge for individuals with lymphedema and those at risk for lymphedema. The decrease in cabin pressure in the airplane puts stress on your lymphatic and circulatory systems and this can lead to an increase in swelling.

## ABOUT JUZO

With over 100 years of knitting experience, our family philosophy has been that medical garments should not inhibit a person's lifestyle.



For more information about lymphedema, please visit:

[www.mylymphedema.com](http://www.mylymphedema.com)



For more information on Juzo® compression garments or to find a Juzo retailer near you, visit [Juzousa.com](http://Juzousa.com) or call 1-888-255-1300.



Since 1912

AIR TRAVEL



## BREAST CANCER PATIENTS:

What You Should Know About Air Travel



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## TAKE CONTROL

Breast cancer treatment presents a unique set of challenges, but asking questions and gaining knowledge can help you avoid unnecessary pain down the road. Be sure to talk to your doctor about Lymphedema and the risks involved with air travel.



## GUIDELINES FOR USING COMPRESSION GARMENTS INCLUDE:

- Obtain a well-fitted graduated compression garment for air travel
- Wear it several times in advance of your trip to make sure it fits properly and is comfortable
- Wear a compression hand piece, either a glove or a gauntlet, with a compression arm sleeve
- Place the garment on before take-off
- Leave the garment on for one to three hours after deplaning to allow tissue pressures to equilibrate
- While away from home, continue your regular schedule of compression garment wear

### IF YOU HAVE A CONFIRMED DIAGNOSIS OF LYMPHEDEMA:

Wearing a graduated compression garment when you are flying is highly recommended. If you are at risk, talk to your health care provider to decide if you should wear a graduated compression garment based on your individual risk factors.