



medi

## mediven® harmony compression collection

The perfect balance between strong and soft

**NEW  
clinical  
evidence!**

medi. I feel better.



*"I can say it's a high  
quality product –  
exactly what I want."*

*Susan B., 39 years old\**

*"mediven harmony  
has a good fabric. It is  
easy to wear and  
comfortable."*

*Ella S., 42 years old\**

# medi lymphedema - flexibility during change

With increased lymphedema awareness and better quality breast cancer treatment, there is now a greater focus on both the prevention and early detection of lymphedema.

mediven harmony compression garments provide **clinically proven** results and promote patient independence. Patients will appreciate mediven harmony's effective containment, as well as all-day wearing comfort thanks to its innovative material.

medi's decades of expertise in compression technology and industry leadership have created a quality product in mediven harmony. With its unique double ellipse design on the inner and outer elbow, mediven harmony guarantees the wearer's total range of motion. The carefully designed material is both soft and strong, guaranteeing effective containment. Enjoy the industry's best comfort and satisfaction guarantees with mediven harmony.

# mediven harmony clinical evidence

Use of mediven harmony armsleeves and gauntlets assisted in preventing the progression of subclinical lymphedema in the largest randomized controlled trial focused on lymphedema prevention. The 12-month interim results of this study, published in the *Annals of Surgical Oncology* 5/2019, demonstrate clear clinical evidence that utilization of mediven harmony is an effective tool in prevention.

**Original Publication:** A Randomized Trial Evaluating Bioimpedance Spectroscopy Versus Tape Measurement for the Prevention Of Lymphedema Following Treatment for Breast Cancer: Interim Analysis  
**Journal:** Annals of Surgical Oncology  
**Publication Date:** May 2019  
**Authors:** Ridner et al.

## BACKGROUND

Breast cancer-related lymphedema (BCRL) represents a major source of morbidity among breast cancer survivors. Increasing data support early detection of subclinical breast cancer-related lymphedema followed by early intervention. A randomized control trial is being conducted comparing lymphedema progression rates using volume measurements calculated from the circumference using a tape measure (TM) or bioimpedance spectroscopy (BIS).

## METHODS

Patients were enrolled and randomized into either a tape measure or bioimpedance spectroscopy surveillance. Patients requiring early intervention were prescribed a **mediven harmony** compression sleeve and gauntlet for 4 weeks and then re-evaluated. The primary endpoint of the trial was the rate of progression to clinical lymphedema requiring complex decongestive physiotherapy (CDP), with progression defined as a tape measure volume change in the at-risk arm  $\geq 10\%$  above the presurgical baseline. This prespecified interim analysis was performed when at least 500 trial participants had  $\geq 12$  months of follow-up.

## RESULTS

A total of 508 patients were included in this analysis, with 109 (21.9%) patients triggering prethreshold interventions. Compared with tape measure, bioimpedance spectroscopy had a lower rate of trigger (15.8% vs. 28.5%,  $p < 0.001$ ) and longer times to trigger (9.5 vs. 2.8 months,  $p = 0.002$ ). Twelve triggering patients progressed to complex decongestive physiotherapy (10 in the tape measure group [14.7%] and 2 in the bioimpedance spectroscopy group [4.9%]), representing a 67% relative reduction and a 9.8% absolute reduction ( $p = 0.130$ ).

## CONCLUSIONS

Interim results demonstrated that post-treatment surveillance with bioimpedance spectroscopy **reduced the absolute rates of progression of breast cancer-related lymphedema requiring complex decongestive physiotherapy by approximately 10%, a clinically meaningful improvement.** These results support the concept of post-treatment surveillance with bioimpedance spectroscopy to detect subclinical breast cancer-related lymphedema and initiate early intervention.



# mediven harmony® armsleeve

## The proven benefits

### Freedom of Movement

The innovative fabric within the double ellipses eases the feeling of pressure on the point and the crease of the elbow, making flexion and extension of the elbow comfortable and unhindered.

The ellipse in the elbow crease encourages optimum lymphatic drainage. Fabric wrinkling is reduced to a minimum to prevent rubbing and skin soreness.



mediven harmony: ellipse in the elbow crease



mediven harmony: ellipse on the point of the elbow

### Security and comfort

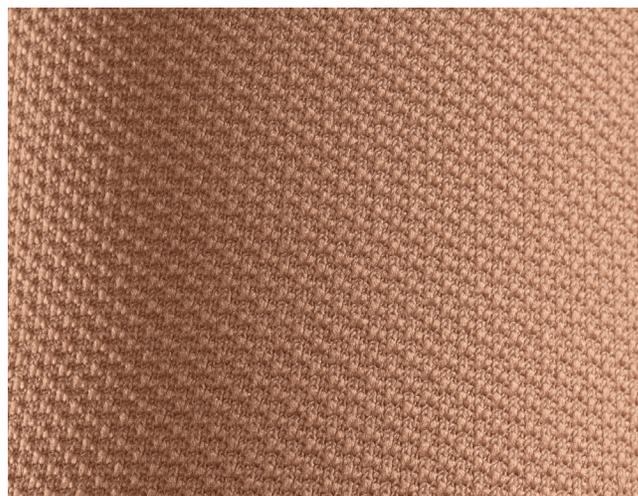
The narrow beaded silicone topband is discreet and effective. The topband is knitted to the armsleeve with a flat seam. The silicone pattern offers security with breathability. Armsleeves are also available with a knitted border.



mediven harmony topband

## Proven therapeutic compression

The innovative fabric is guaranteed to be effective. Especially adapted for post-operative and post-traumatic treatment and even suitable for softer connective tissue; mediven harmony combines high wall stability with a gentle touch from the supple knit.



mediven harmony innovative fabric

## Luxuriously soft

The surprisingly soft feeling is the result of new product developments. In addition to the double ellipse the innovative fabric structure stimulates the tissue and exerts a pleasant massage effect.

Lanolin has been added to the armsleeve to provide the benefits of natural moisturising for a soft and smooth feel.



mediven harmony armsleeve with gauntlet, sand

# mediven harmony glove & gauntlet

New seamless  
version available  
fall 2019!

Matched to the mediven arm garment, medi offers the appropriate hand pieces and gloves. The mediven harmony compression glove and gauntlet offer patients maximum wearing comfort and make the therapy simple and pleasant.



## Optimal wearing comfort

Due to its soft and breathable material, the glove and gauntlet are gentle on the skin and cause no skin irritation.

As with the arm garment, Lanolin has also been added to the glove and gauntlet to provide the benefits of natural moisturizing for a soft and smooth feel.



NEW

## Therapeutic transition zone

The sleek and soft top border ensures a discreet transition to the arm garment, complementing it perfectly.



## Precise compression for sensitive points

NEW

The seamless construction of the new harmony glove and gauntlet reduces pressure points that seams can cause while allowing more freedom of movement.

# The velvety touch of perfect harmony.

## Indications

- Shoulder arm vein thrombosis
- Post-operative and post-traumatic edema
- Primary and secondary stage I lymphedema of the arm
- Hand piece (Glove or Gauntlet) reduces accumulation of fluid in the hand while wearing a medical compression sleeve

## Variants

- Available in Glove, Gauntlet, Armsleeve, Armsleeve w/ topband, Combined Gauntlet & Armsleeve w/ topband.
- Sizes 2-7 for Gloves & Gauntlets.
- Sizes 1-8 for Armsleeves in standard and extrawide

## Compression Class

20 – 30 mmHg

30 – 40 mmHg

## Colors



## mediven® harmony – The technology inside



Double ellipses

### Ellipses , innovative fabric

- The ellipse on either side either side of the elbow offers freedom of movement and comfort in daily wear. The innovative fabric in the ellipses reduces the feeling of tightness during flexion and extension of the elbow.
- Due to the ellipse at the elbow crease the garment encourages the lymphatic flow. Wrinkles are kept to a minimum and this ensures optimum comfort.

### Innovative fabric

- The innovative fabric guarantees effectiveness. Especially adapted for post-operative and post-traumatic treatment and for softer connective tissue, mediven harmony combines high wall stability with the gentle touch of a supple knit.
- Patent applied for



Perfect Fit

### Perfect fit

- 16 armsleeves sizes available in each style to ensure a precise fit
- Optimum medical care conditions



Clima Comfort

### Clima Comfort

#### for perfect climate exchange

- Well-being all year round
- Highly active breathing
- Prevents itching

### Easy to care for

- Suitable for the delicates setting of washing machines at 100° F and can be tumble dried cool.

### Very good skin tolerability and suitability for everyday wear

- Latex and cotton free.
- With added lanolin for natural moisturising of the skin.



# mediven harmony

## 20–30 mmHg

Item	Description	Available Colors			Category	Size
		SAND 8	CARAMEL 7	BLACK 5		
2Y00	Arm Sleeve	•	•	•	0	I-VIII
2Y00	Arm Sleeve Extra Wide	•	•	•	1	I-VIII
2Y01	Arm Sleeve w/Silicone Band	•	•	•	0	I-VIII
2Y01	Arm Sleeve w/Silicone Band Extra Wide	•	•	•	1	I-VIII
2Y11	Arm Sleeve Gauntlet combination w/Silicone Band	•	•	•	0	I-VIII
2Y11	Arm Sleeve Gauntlet combination w/Silicone Band Extra Wide	•	•	•	1	I-VIII
2Y90	<b>New</b> Seamless Gauntlet (handpiece)	•	•	•	0	II-VII
2Y91	<b>New</b> Seamless Glove	•	•	•	0	II-VII

## 30–40 mmHg

Item	Description	Available Colors			Category	Size
		SAND 8	CARAMEL 7	BLACK 5		
2Z00	Arm Sleeve	•	•	•	0	I-VIII
2Z00	Arm Sleeve Extra Wide	•	•	•	1	I-VIII
2Z01	Arm Sleeve w/Silicone Band	•	•	•	0	I-VIII
2Z01	Arm Sleeve w/Silicone Band Extra Wide	•	•	•	1	I-VIII
2Z11	Arm Sleeve Gauntlet combination w/Silicone Band	•	•	•	0	I-VIII
2Z11	Arm Sleeve Gauntlet combination w/Silicone Band Extra Wide	•	•	•	1	I-VIII
2Z90	<b>New</b> Seamless Gauntlet (handpiece)	•	•	•	0	II-VII
2Z91	<b>New</b> Seamless Glove	•	•	•	0	II-VII



# measuring for harmony

## Size Chart

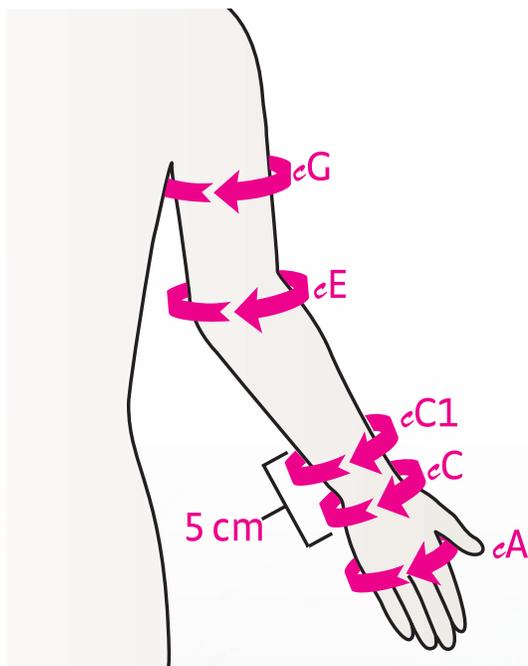
circumference (cm)	1	2	3	4	5	6	7	8
"G" extra-wide	28–31	30–34	32.5–36.5	34.5–39.5	36.5–41.5	39–44	41–46.5	44.5–50.5
"G" standard	25–28	27.5–31	29.5–33.5	31.5–36	33–37.5	35.5–40.5	37.5–42.5	40–45.5
"E" extra-wide	24–26.5	26–29.5	28–31.5	29.5–34	31–35.5	33–37.5	35–40	38–43
"E" standard	23–25	24–27	25.5–29	27–31	28.5–32.5	30–34.5	32–36.5	34.5–39.5
"C1"	15–16.5	16–18.5	17.5–20	19–22	20.5–24	22.5–26	24.5–28.5	27–31
"C"	13.5–14.5	14–16	15.5–18	17–20	18.5–21.5	20–23.5	22–25.5	24.5–28.5
"A"	15–18	15.5–19.5	16.5–20.5	18.5–23	19.5–24	21.5–26	23.5–28	25.5–30

gloves & gauntlets available in sizes 2-7

armsleeves available in sizes 1-8

\*All measurements in centimeters.

## measuring instructions



1. Select product/style from measuring chart.
2. Measure at indicated locations on diagram.
3. Locate proper product size based on measurements.

For All Arm Sleeves:

Measure **c e g**

For All Gauntlets & Gloves:

Measure **a** and **c**

For All One-Piece Arm Sleeves & Gauntlets:

Measure **a c e g**



# mediven harmony & the medi lymphedema therapy concept



The medi lymphedema therapy concept is a new approach in the treatment of lymphedema. It combines the decongestion phase and the transition phase with the maintenance phase and provides the right products for every stage of treatment.

The adjustable, inelastic compression of the **circaid reduction kit** makes it possible to offer the patient a medi product already in the decongestion phase. The **circaid juxtafit** can be worn in the transition phase to optimize the result of reduction.

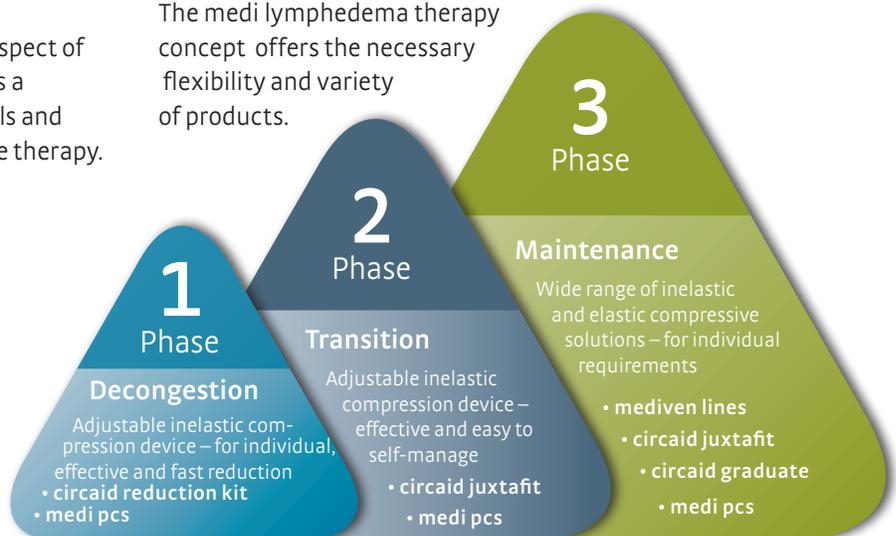
This way, medi offers the patient more flexibility and freedom in day to day life. The therapist can involve the patient actively in the therapy with circaid and thus achieve better results in a shorter time.

With this approach medi focuses on the aspect of committed self-management and delivers a solution to empower medical professionals and patients to achieve a particularly effective therapy.

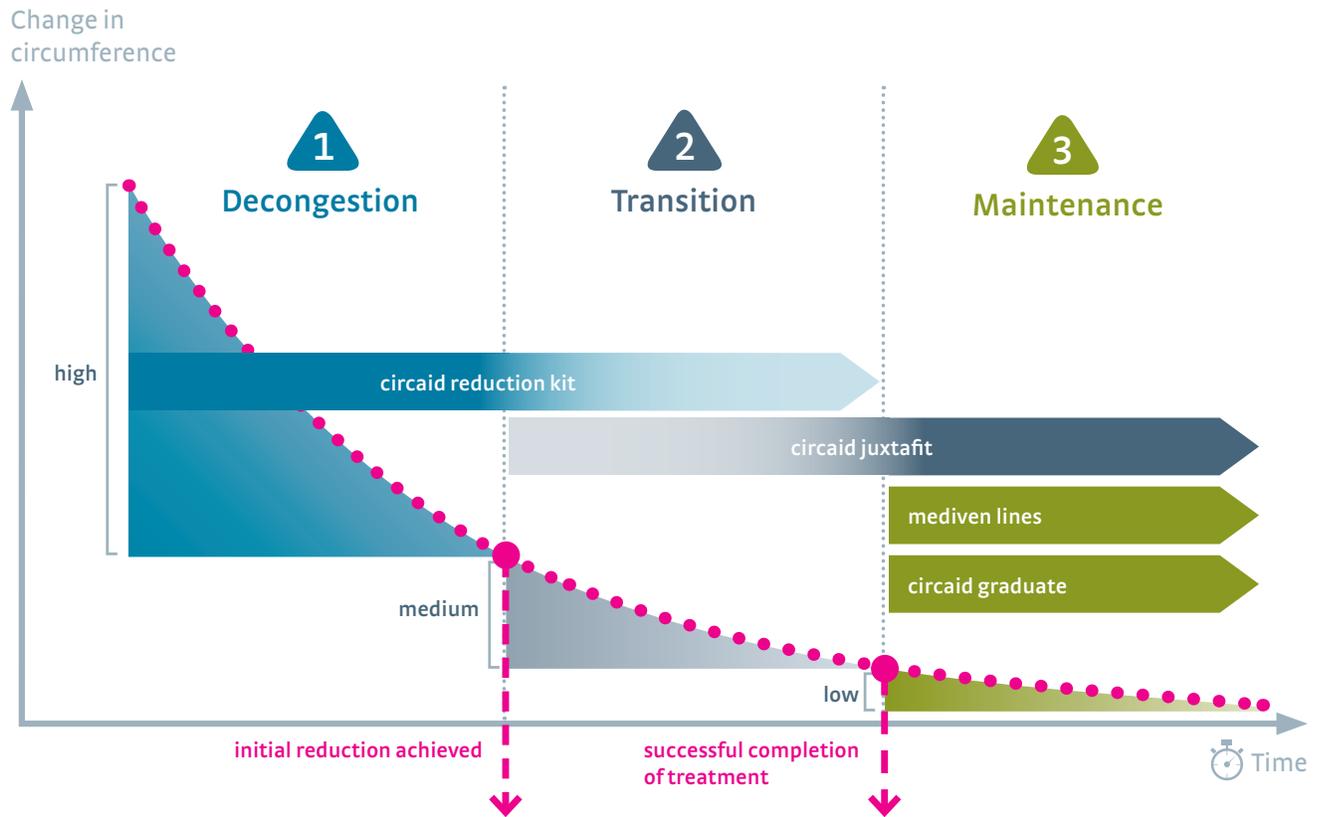
## medi makes the treatment of edema more individual than ever before.

During the maintenance phase, patients with lymphedema wear flat-knitted compression stockings or an inelastic circaid compression wrap, such as the circaid juxtafit or the circaid graduate. The circaid graduate is a custom-made padded device to be worn at night, which maintains the outcome of decongestion even while the patients sleep. The new medi pneumatic compression system, **medi pcs**, can be used during all stages of lymphedema management in conjunction with other medi products. So patients can be cared for around the clock with medi products.

The specialists with the patient management network will always find an individual solution for the patient's needs and situation in life. The medi lymphedema therapy concept offers the necessary flexibility and variety of products.



# Understand the treatment phases



## Maintenance mediven harmony

## Phase 3

The long-term maintenance phase of lymphedema focuses on enhancing the function of the lymphatics, limiting further deterioration of swelling, and gaining long-term control of the condition. Success relies on self-management by patients and caregivers, with appropriate and effective education, training and medical support.

Wearing a compression garment during the sub-clinical and maintenance phases is essential to preventing the progression or regression of lymphedema. For patients with primary and secondary Stage 0 or Stage 1 lymphedema of the arm, mediven harmony is the ideal compression solution. Its soft yet strong material applies comfortable compression for daily wear and has been clinically shown to assist in the prevention of the progression of subclinical lymphedema.

3  
Phase

Maintenance  
mediven harmony



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