



lymphedivas®

FALL/WINTER 2020



1970-2008
Rachel Levin Troxell

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 in treatment, she continued building LymphedIVAs, which brought her much joy during a difficult time in her life. Rachel died on 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.

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 as President and continues to run the business in honor of Rachel's memory.

Today, LymphedIVAs' compression apparel continues to inspire breast cancer survivors everywhere to feel as beautiful, strong, and confident as Rachel was. LymphedIVAs' products can be found in retail locations nationwide and internationally.

FEATURES



MOISTURE WICKING

Rapidly dries and cools by pulling sweat away from the body.



BREATHABLE FINE KNIT

Air passes through the garment for maximum comfort.



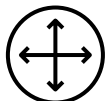
100% SEAMLESS

Allows a full range of unrestricted motion.



SMOOTH, SILKY & LIGHTWEIGHT

Smooth & comfortable high-tech knit replicates a second skin.



4-WAY STRETCH

Moves with the arm, prevents binding, and pitting.



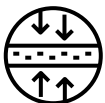
NYLON + LYCRA KNIT

Superior knit for durability and function.



GRADUATED COMPRESSION

Works like a pump to push lymphatic fluid toward the body.



COMPRESSION PRECISION

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

Precise finger compression allows for true graduated pressure from finger tip to arm pit.





OUR PHILOSOPHY

We are dedicated to creating medical 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 essential and often ignored. A positive mindset can often lead to a better physical response.

COMPRESSION & LYMPHEDEMA

Lymphedema is managed through a variety of therapies. Compression garments are one such therapy. For many patients, compression garments are worn as part of their self-management plan they have developed with their doctor and therapist. LymphedIVAs provides graduated compression in 20-30mmHg and 30-40mmHg. They aid the body to move lymph fluid toward the body and increase pressure inside the limb, making it easier for the lymphatic system to do its job.

TAKE CONTROL OF YOUR LYMPHEDEMA

Take back control and manage your lymphedema with style, grace, and confidence by wearing a garment that is easy to wear, fashionable, and comfortable. Our customers 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.



WHEN TO WEAR A COMPRESSION GARMENT

Consult with your doctor or therapist to find the most appropriate therapy for you. If you have lymphedema or are at risk, you should, at a minimum, be wearing your garments during air travel, when exercising, and when performing any repetitive and rigorous tasks. LymphedIVAs garments are for daytime use and are not to be used during sleep.

SIGNS OF ARM LYMPHEDEMA

- A full feeling in your arm.
- A difference in size between arms.
- A feeling of weakness in your arm.
- Limited arm mobility.
- Pitting: when pressing on the affected arm for twenty seconds, the impression of the fingers remain.

If you experience lymphedema symptoms, please consult your doctor.

REDUCING LYMPHEDEMA RISK

LIVE A HEALTHY LIFESTYLE



MOVE YOUR BODY

When exercising, consult your doctor about the level of activity that is right for you. Wear a compression garment when exercising. Listen to your body and try not to overdo it.



MOISTURIZE

Pamper your skin with pH balanced lotion and soap. Moisturized skin is less likely to crack, which can reduce the chance of infection.



MAINTAIN A HEALTHY WEIGHT

Studies suggest that maintaining a healthy weight reduces the risk of developing lymphedema and can make lymphedema more manageable.

AVOID INJURY TO THE AFFECTED LIMB(S)

INFECTION

An injury can introduce outside bacteria and start an infection. Avoid infection by having blood drawn and shots given on an unaffected limb. Be aware of and immediately treat cuts, scratches, and bug bites. If you experience localized swelling or flu-like symptoms, call your doctor, this can be a sign of a serious infection called cellulitis.



BURNS

A burn to the affected limb may cause an immune response, which can trigger lymphedema. Be sure to protect your arm from sunburn. Use sunblock when spending time outside. Practice caution when cooking. Avoid hot tubs and saunas.



TOURNIQUETS

A tourniquet can cut off the lymphatic flow and may increase your lymphedema risk. Avoid wearing tight jewelry, tight bra straps, and constricting bag straps. Have your blood pressure taken on your unaffected limb.





SIZE + FIT

INDEX FINGER

Small

4.4 – 6 cm

Medium

5.5 – 7.5 cm

Large

6.6 – 9 cm

PALM

Small

15 – 18.7 cm

Medium

19 – 21.9 cm

Large

22 – 26 cm

WRIST

Small

15 – 19 cm

Medium

16.5 – 21.6 cm

Large

19 – 23.5 cm

FOREARM

Small

17.8 – 23.2 cm

Medium

23.5 – 28.7 cm

Large

28.9 – 34.3 cm

BICEP

Small

21.6 – 39.4 cm

Medium

27 – 45 cm

Large

32.4 – 50.5 cm

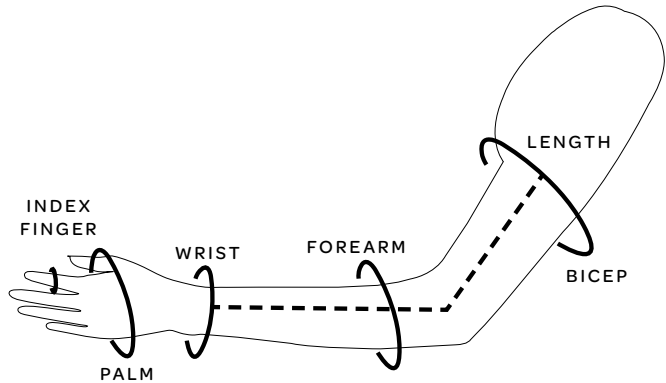
LENGTH

Short

37 – 43 cm

Long

42 – 56 cm



HOW TO MEASURE

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 Relax your finger, 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 bicep, just below the arm pit, to your wrist.

If you are in between sizes, please consult a medical professional, professional fitter, lymphedema therapist or LympheDIVAs to ensure proper fit.

FITTER'S AID APP

The Fitter's Aid App® uses your measurements to recommend the size that will provide the appropriate level of compression and comfortable fit. Visit the Size + Fit page on our website to use the app.

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. Equally spread the sleeve over the whole arm so 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! Following the care instructions will ensure that your garment lasts the full 4-6 months while retaining compression.

Place the garment in a delicates bag to prevent snagging. Wash on delicates cycle with cold water using a gentle detergent. Tumble dry low.

Do not wring dry, line dry, dry clean, use chemical solvents, use fabric softeners, use bleach, use any other laundry additives



NEW ARRIVALS



Beauty-full #00315 Beige / #00316 Mocha



Berkshires #00317



Dame #00318



Discovery #00319 Beige / #00320 Mocha



GIVING BACK

Giving back is at the core of our company mission. We donate 25% of each purchase of the select garments below to support the following organizations.



METAVIVOR

Metavivor supports metastatic breast cancer patients by funding research, raising awareness of metastatic breast cancer and offering support to patients and caregivers.



Hope #00292

The PINK FUND

The Pink Fund formed to help breast cancer patients focus on healing, raising their families, and returning to the workplace. The Pink Fund provides non-medical financial aid to cover basic cost of living expenses.



Thrive #00297



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.



Yogi #00249



The Tutu Project helps people with breast cancer get through their day with support for all those things that cancer doesn't care about. The Tutu Project distributes donations to breast cancer non-profits that directly impact patients.



Tutu #00313

SOLID COLORS



NEW!



Navy #00314

Limited edition color. Check website for availability.



Bei Chic #00025



Fuchsia #00006



Mocha #00013



Onyx #00004



White #00014





Anastasia #00274



Athena #00243



Ayana #00289



Bahama Mama #00299



Bali #00117 Night / #00118 Sand





Begonia #00239



Birds of Paradise #00288



Black Paisley #00018



Bloomin' Betty Dark #00098



Bloomin' Betty Light #00099





Blue Bandit #00114



Bodhi #00185 Beige / #00186 Mocha



Camouflage Pink #00178



Celestial #00275



Celtic #00279







Circuit #00305



Claire #00309



Cyborg #00224



Dahlia #00204



Daisy #00214 Dark / #00215 Fair / #00216 Tan





Damask Bei Chic #00101



Darling #00172 Tan / #00173 Dark / #00171 Fair



Denim Diva #00019



Diva Dots #00058



Festival #00258







Fierce #00225 Beige / #00226 Mocha



Firefly Purple #00135



Flora #00230



Flutter #00218



Garden #00310





Glamazon #00245



Grace #00252



Great Wave #00206



Hummingbird #00219



Indi #00311







Crystal Snowflake



Black Crystal Ribbon



Crystal Clover



Crystal Swirl

CRYSTALS

Available on select colors



Pink Crystal Ribbon



America Crystal



Crystal Hearts



Inked #00201



Irises #00207



Juliet #00306



Kiku #00290



Koi #00231





Leo Leopard #00009



Let's Flamingle #00301



Lotus Dragon Tattoo #00111



Luna #00184



Magnolia #00232







Mandala #00302



Marakesh #00067



Mariposa #00096 Beige / #00095 Pink



Midnight Lace #00011



Misfit #00259





Moonlight #00104



Nightfall #00295



Plum Blossom #00241



Primavesi #00246



Purple Paisley #00017







Rhythm #00307



Romantic Rose #00112



Sapphire #00188



Sea Breeze #00260



Secret Garden #00277





Serenity #00285



Speakeasy #00247



Starry Night #00209



Summer Nights #00304



Sunburst #00091





Tartan #00308



Tattoo Blossom #00106



Tiffany #00253



Tranquility #00116



Vibrance #00312





Viva Vida #00183



Wolf Song #00287





LYMPHEDUDES®

medically correct *compression* for lymphedema



Beige #00025



Blue Bandit #00114



Celtic #00279




Circuit #00305



Cyborg #00224



Discovery #00319 Beige / #00320 Mocha 



Arm Sleeve



Glove



Gauntlet

Fierce #00225 Beige / #00226 Mocha



Arm Sleeve



Glove



Gauntlet

Great Wave #00206



Arm Sleeve



Glove



Gauntlet

Inked #00201



Arm Sleeve



Glove



Gauntlet

Koi #00231



Arm Sleeve



Glove



Gauntlet

Lotus Dragon Tattoo #00111



Arm Sleeve



Glove



Gauntlet

Misfit #00259



Arm Sleeve



Glove



Gauntlet

Mocha #00013



Nightfall #00295



Onyx #00004



Sunburst #00091



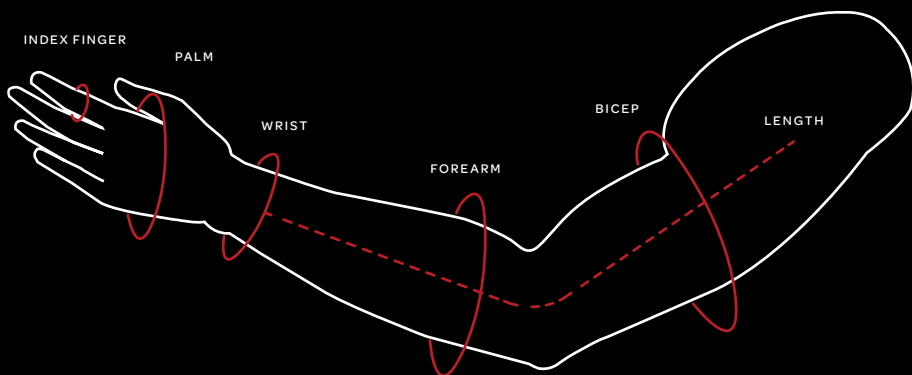
Tartan #00308



White #00014



Wolf Song #00287



○ INDEX FINGER

S 4.4 – 6 cm

M 5.5 – 7.5 cm

L 6.6 – 9 cm

○ PALM

S 15 – 18.7 cm

M 19 – 21.9 cm

L 22 – 26 cm

○ WRIST

S 15 – 19 cm

M 16.5 – 21.6 cm

L 19 – 23.5 cm

○ FOREARM

S 17.8 – 23.2 cm

M 23.5 – 28.7 cm

L 28.9 – 34.3 cm

○ BICEP

S 21.6 – 39.4 cm

M 27 – 45 cm

L 32.4 – 50.5 cm

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medically correct *fashion*
for lymphedema

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