

# JUDITH'S STORY



The emotional impact of lymphoedema impacts on Judith's quality of life. It has left her feeling low; sometimes she has been known to turn to comfort eating and has been prescribed medication to help with low mood. Lymphoedema affects Judith's social life and romantic relationships, worrying about what people think about her and her legs. Enjoying fashion has been impacted by Judith's lymphoedema, being restricted to long skirts, trousers, and wide fit shoes.

Judith feels like the only person in her town living with lymphoedema. This makes her feel like everyone is staring at her, and that people think that she is overweight but the lymphoedema makes her look overweight. Lymphoedema makes it very difficult for Judith to exercise as her legs are heavy. Feeling self-conscious about her legs has prevented her from going to a group exercise classes and swimming.

## STOCKINGS ARE PAINFUL AND ITCH

Judith has been attending the Tameside and Glossop lymphoedema service in Stalybridge over 10 years, she attends twice a year. Judith attends the service for brief advice is measured for stockings, which are to be worn daily. Judith says she can't wear the stockings because they are too tight, are painful, roll down and itch too much. She is very upset and concerned as her legs are getting bigger and she worries about when her stockings will no longer fit. She has decided not to wear the stockings and will let the service know when she next attends the clinic in 3 months.

## REFUSED A KNEE REPLACEMENT BECAUSE OF LYMPHODEMA

Judith was refused a knee replacement from both Stepping Hill and Tameside due to concerns over her lymphoedema. Eventually Judith had the operation at Wrightington Hospital. When the other hospitals wouldn't perform the operation neither trusts consulted Judith's Lymphoedema service. After surgery Judith's recovery was very much hindered because of her lymphoedema, the wound itself took a long time to heal.

## APPLIED FOR LIPOSUCTION AS TREATMENT

Judith has applied for liposuction at Tameside as treatment for her lymphoedema. This request has been rejected stating Judith's weight as a reason for not going ahead with surgery. Judith feels stuck, her lymphoedema pushes up her BMI and she is immobile because of her lymphoedema and feels the surgery would help this; however she can't have the surgery because of her high BMI.

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Judith has been affected by lymphoedema in both a physical and emotional way. It has been difficult for her to lose weight and exercise, to help with low mood Judith has been prescribed medication. Judith needs a second knee replacement. The last time a knee replacement was required, Judith ended up having her operation in Wrightington. Tameside and Stepping Hill had concerns with operating because of her lymphoedema. Both hospitals did not seek guidance from Judith's lymphoedema service. Judith says she can't wear the stockings provided by her lymphoedema service because they are too tight, are painful, roll down and itch too much Judith has applied for liposuction at Tameside as treatment for her lymphoedema. This request has been rejected stating Judith's weight as a reason. Judith's lymphoedema affects her BMI and her ability to exercise but a treatment that could help with this won't go ahead because of her high BMI. Feeling self-conscious about her legs has prevented her from joining groups and forming new social and romantic relationships, Judith feels isolated because of lymphoedema.

[\\*see appendix for full story](#)