

STYLE BOOK

for getting along with

LYMPHEDEMA



Prevention & Enjoyment of Fashion

Note

This book is not intended as a medical guideline, but rather a stylebook.

We will not introduce everything about the care of lymphedema in this book.

If you would like learn about the self-care of lymphedema in detail, please refer to medical guidance or other publications.

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=Hints=

- ✓ A small number on the upper right of a word corresponds to the reference at the end of the chapter.
- ✓ "Words for research" are keywords you can use when searching for items in shops or on the Internet.

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Character Introduction

Four characters appear in this book.
They comment from each standpoint.



Lymphedema Therapist

A medical expert with knowledge and skills necessary for treatment and care of lymphedema.



Stylist

In general, stylists do the job of coordinating clothes, accessories, hairstyles, and so on.

In this book this character gives comment on fashionable tricks.



Individual with Upper Lymphedema

This character tells stories of experiences about lymphedema on upper limbs.



Individual with Lower Lymphedema

This character tells stories of experiences about lymphedema on lower limbs.

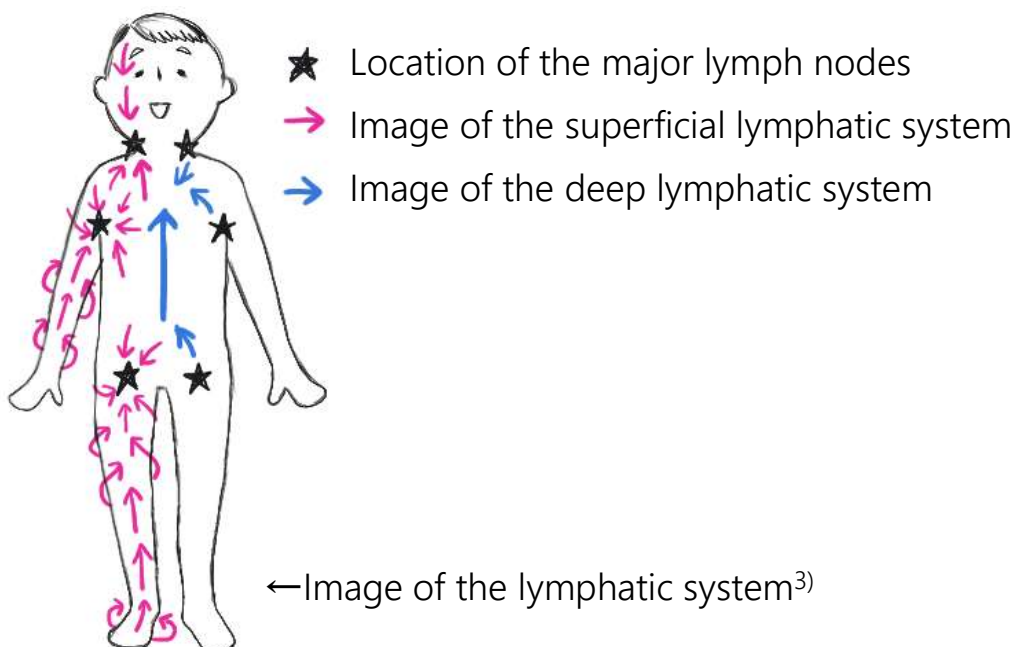
What is Lymphedema?



About the Lymphatic System

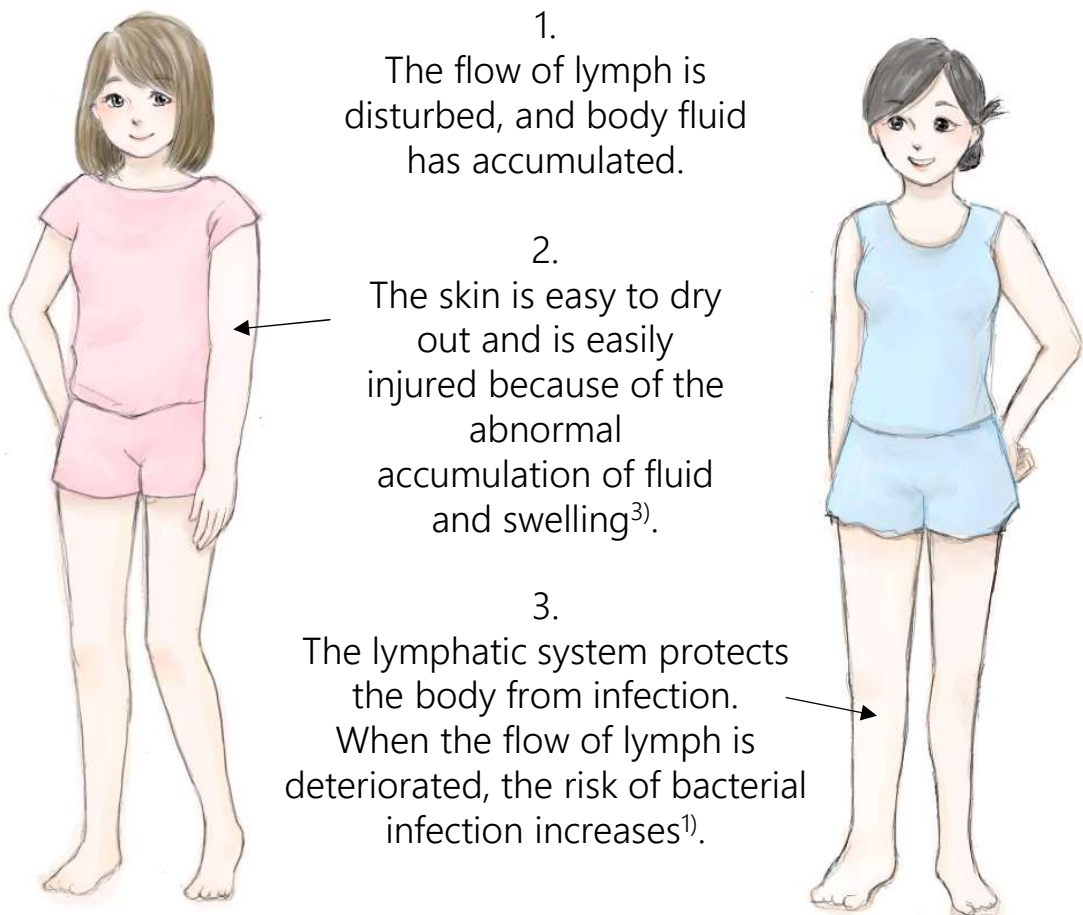
The lymphatic system consists of lymph vessels, which absorb and transport lymph fluid, and lymphatic tissues. Lymph vessels run almost all areas with a blood supply in the body. Lymph fluid is composed of lymph loads (e.g. protein, water, and white blood cells) ¹⁾.

Lymph travels through successive lymph nodes, which are bean-shaped encapsulated organs, thereby filtering the impurities from the lymph fluid. Lymph nodes have three main functions: protective function, immune function, and thickening of the lymph fluid¹⁾.



Characteristics of Lymphedema

Lymphedema occurs if the transport capacity of the lymphatic system has fallen below the normal amount of lymphatic load, resulting in the abnormal accumulation of water and proteins principally in the subcutaneous tissues¹⁾. Lymph node dissection or radiation therapy for treatment of cancer can make change of the lymphatic system and cause lymphedema²⁾.



Hints of Reducing Risk

☒ Avoid partial pressure

Partial pressure interferes with lymph flow. It means that the part above of the constricted point swells easily.

Please be careful to not wear constricting clothes³⁾.



☒ Keep skin clean and moist

It is important to keep skin healthy in order to avoid infection. When the skin dries, the protective function of the skin deteriorates and it becomes easier to be infected by bacteria ²⁾.



Please make skins care a habit: washing your skin gently with foam, moisturizing it with cream in the morning and evening, and so on³⁾.

Cotton underwear that is superior in water absorption and is gentle to the skin, and silk underwear with high moisture retention are also useful.

☑ Protect skin from scratches

Inflammation may occur by infection of scratches on the skin. Please protect the skin as much as possible, so as not to scratch it.

Insect bites and excessive sunburn may also cause scratches on the skin⁵⁾.

When housekeeping or leisure in the outdoors, there is a risk of scratching, we recommend protecting the skin with long sleeves, gloves, long bottoms, socks and so on⁵⁾.

You will become worn out if you fret about it all the time, so please protect the skin especially when there is risk. For example, when you go to a place with strong sunlight or with many insects.

If the skin gets scratched, disinfect it immediately and see if the wound is swollen around. If it seems swollen for a while, consult a medical institution ⁵⁾.



☒ Observe lymphedema limbs

There is no absolute standard of good or bad about what to wear.

Please try wearing what you want to wear first.

It is important to check lymphedema about following points:

- Is there the imprint on your skin from clothing?
- Is it turning red?
- Does the skin seem to be dry?
- Is there the scratch on?



Please wear what comfortable for you.

It is not easy to find good ones.

Let's find best items for you while trying various ones.

☒ Undertake exercise/movement and limb elevation

Moderate exercise like walking helps lymph flow. It is said that exercised muscle helps to drain the lymph fluid⁵⁾.

Let's dress up, go out, and exercise.

☒ Lighten the burden on the body and mind.

It is said that irregular lifestyle and lack of sleep, fatigue, disorder of diet and excessive stress increase the risk of lymphedema. Obesity is also said to cause lymphedema.⁶⁾

It is important to keep regular hours, remove physical and mental fatigue, and maintain optimal body weight.

Avoiding exposure to extreme cold or heat is also advised.

Cold can interfere with lymph flow and heat can damage the lymph vessel.⁵⁾ Please warm your body with clothing.

☒ Continue care of lymphedema

Some people get lymphedema immediately after surgery of cancer, while others do after 10 years or more²⁾.



It is important to continue the self-care of lymphedema.

It is better to find a way that suits you while consulting with therapists.

Reference

- 1) Zuther, J E. (2005). Lymphedema management. New York: Thieme.
- 2) National Cancer Center. (2012). Gan chiryo to lymphafushu [Cancer treatments and lymphedema]. Tokyo: National Cancer Center.
- 3) Sato, K. (2005). Lymphafushu no chiryo to care [Treatments for and care of lymphedema]. Tokyo: Igaku Shoin.
- 4) Koshima, I. (2011). Yoku waku lymphafushu no subete - Kaibo, seiri kara hozonchiryō, gekatekichiryō made- [Plain explanation about all of lymphedema Anatomy, physiology, conservative treatments, and surgical treatments]. Nagai Shoten
- 5) Hirota, A. (2016). Kangoshi & rigakuryōhōshi no tame ni lymphafushu no shugi to care [Techniques for care of lymphedema for nurses and physiotherapists]. Tokyo: Gakken Medical Shujunsha.
- 6) The Lymphoedema Framework. (2006). Best Practice for the Management of Lymphoedema. Retrieved September 23, 2018, from <https://www.lympho.org/portfolio/best-practice-for-the-management-of-lymphoedema/>

Considerations When You Choose Clothing



Underwear



Underwear which does not tighten or dig into your body is better.

Please look at your skin to see if there are traces of underwear on it¹⁾.

Seamless underwear offers more and helps to protect your skin.

When you wear underwear with seams, wearing it inside out will help protect your skin from irritation.

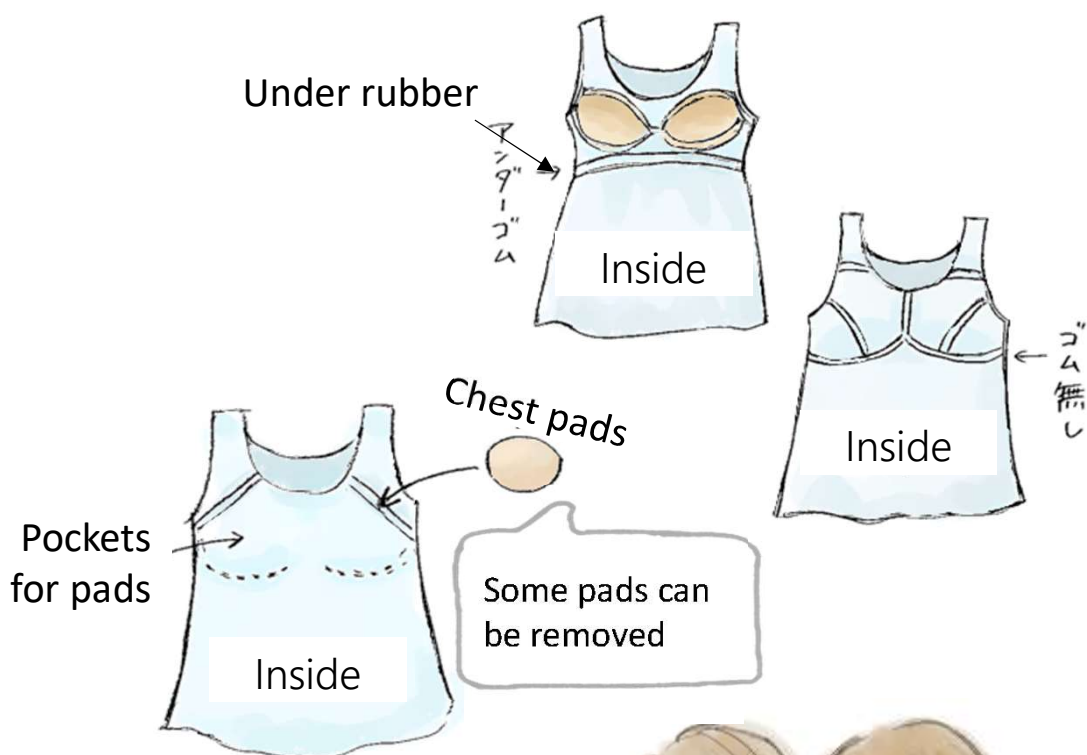
Cotton and silk underwear may be good. A soft cloth will not irritate the skin. There is underwear with 100% cotton lining.

Brassiere and camisole with wide straps are better, as they may not indent the body.

It is preferable that brassieres do not tighten the chest or dig into the under bust¹⁾.

You can substitute underwear with chest pads.

If the under bust is tightened or the pads rise up, it is good to choose one with no under elastic.



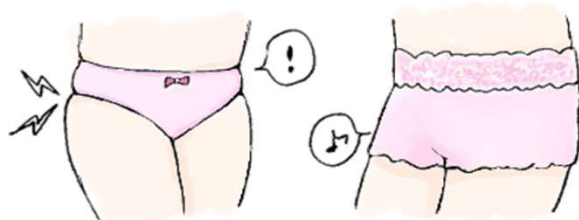
You may wear it inside out if the pads hit the skin and you feel uncomfortable²⁾.

You can wear a soft touch T-shirt under the brassiere²⁾.



Shorts which do not tighten the waist or the groin are preferable. Those without elastic and instead with wide lace on waists and pants hems may be better.

Excessive pressure is not good



↑ not good

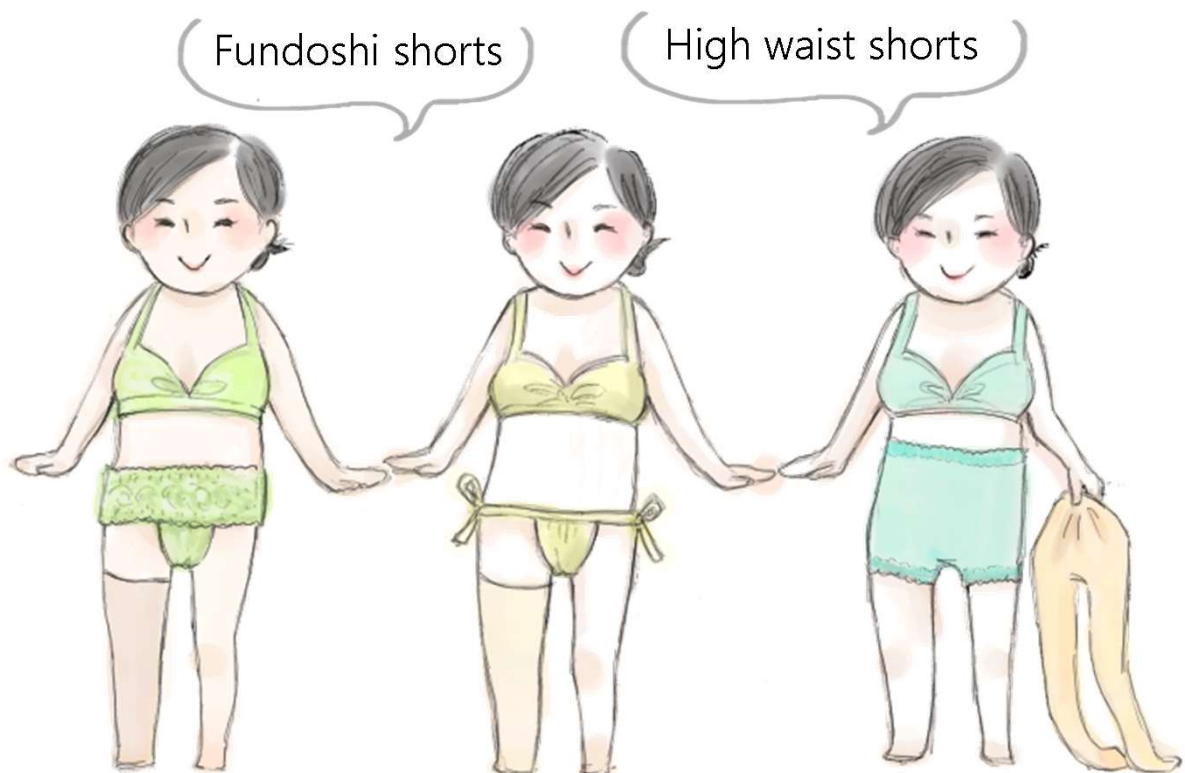
↑ better

There are also shorts without hem seams.

Shorts with a slightly longer length (e.g. boxer shorts) may also be nice.



Shorts with a wide open hem, and fundoshi shorts may be also good. Some people wear well worn shorts with stretched elastic.

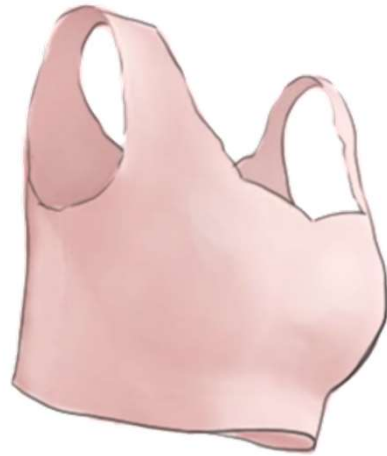


Some people suffer a rash from thigh length stockings. Long shorts may protect the skin from this.

Stockings do not hit the stomach directly



There is also underwear made from materials that do not fray even after cutting. They are convenient because you can enlarge the sleeve holes and leg hems.



If you wish to wear functional underwear such as pelvic support pants, we recommend that you consult with a medical institution.

Words for research

Bra camisole / Seamless inner/
Boxer shorts / Fundoshi shorts /
High waist shorts

Tops & Bottoms



Clothes that do not restrict the body are better.

Please be careful when wearing clothes that tighten the wrist, arm, neck, waist, leg base, knee, or ankle with elastic or belts¹⁾³⁾. It would be better to avoid ones that do not mark the skin.

To protect your skin from scratches, cuts, and scratches from pets, it is better to choose clothes that will not expose your skin to the outside as much as possible²⁾.

Skin might be damaged if wrinkles in clothing rub against it. When you are in the same position for a long time, it is advised to straighten the wrinkles in your clothes.



Socks

Socks with a loose mouth are better.



After taking off socks, if there are traces of elastic or fibers on the legs, it is a sign those socks are a bit tight²⁾.



Loose socks (e.g. fluffy socks) may be good²⁾.



If your socks are tight, you can cut the rubber of the mouth with scissors.

However, this depends on the kind of socks.



This works with socks where the elastic is clearly separated from the main body of the sock.

The overwearing of socks may tighten your legs. Please observe the appearance of the leg when you take off the socks.

Silk socks are said to have a moisturizing effect.

Additionally, socks also help to prevent the body from getting cold. Please take advantage of them.

Words for research

Fluffy socks / Soft socks

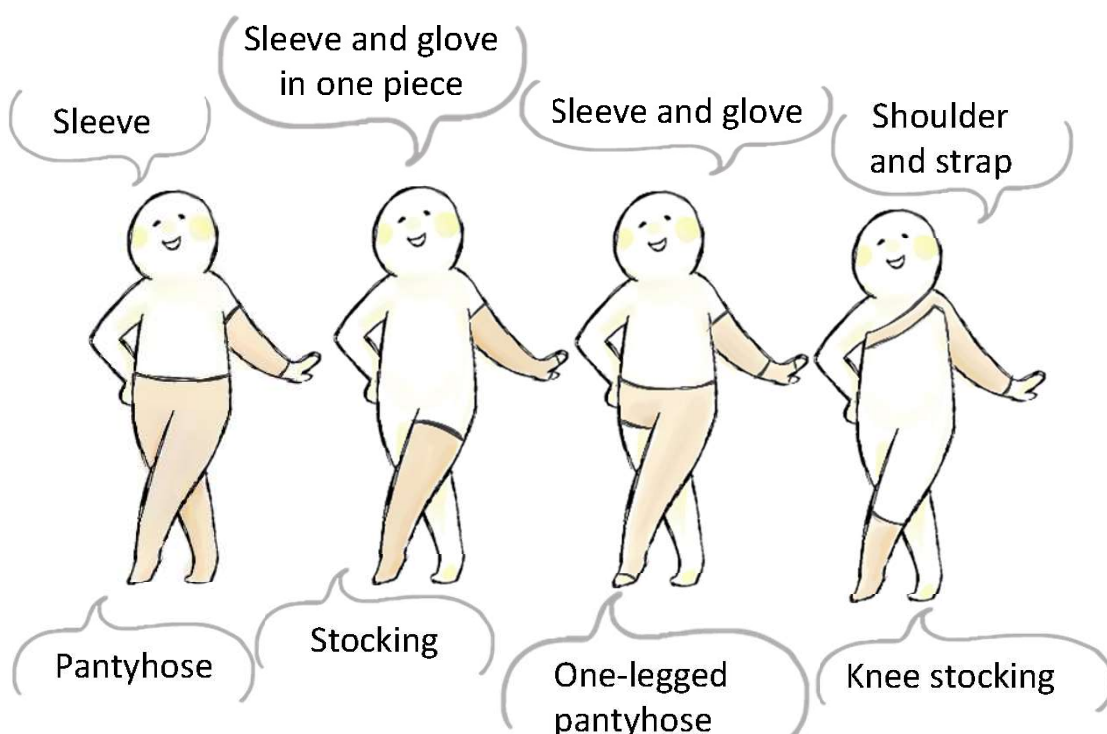
Compression Garments

Compression therapy is important for reducing lymphedema. Please consult with your doctor or therapist about using compression garments.

When wearing compression garments, please make sure that the fiber is not twisted and the body is not partially over-tightened.¹⁾ It is important to arrange them in the appropriate shape.

You can also use auxiliary equipment to help you put on and off the garments. Some videos on the Internet introduce how to use compression garments.

Garments should be replaced every six months, or when they begin to lose elasticity⁴⁾. Treatment effect may be diminished if garments are torn. Some manufacturers will repair garments.



Kinds of compression garments¹⁾

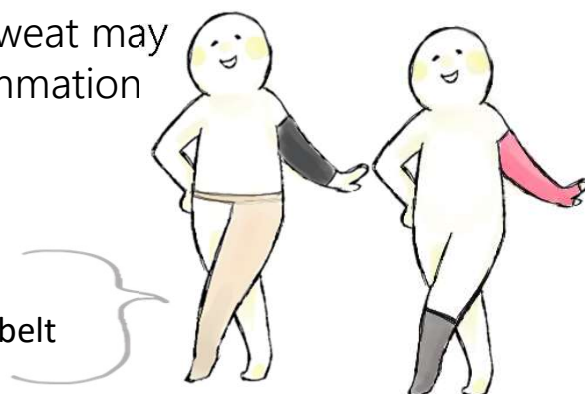
	Ease of attachment and detachment	Dig into the groin area	Slip down	Other features
Pantyhose	×	○	○	Humid
One-legged pantyhose	△	○	○	No impact on the non-swollen leg
One-legged pantyhose with belt	○	△	△	Belts can interfere
Stocking with silicon belt	○	△	△	Silicon might cause rash
Stocking without silicon belt	○	×	×	Lower risk of rash
Knee stocking	◎			Effects limited to the knee

×: Inferior △: A little inferior ○: A little superior ◎: Superior

Dirt on garments caused by sweat may cause deterioration and inflammation of the skin.

Garments should be washed frequently⁴⁾.

One-legged pantyhose with belt



Words for Research

Compression garments aid

(Auxiliary equipment to help you put on and off the garments)

Shoes

Shoes with laces and straps can be adjusted so as not to constrict the feet²⁾.



Replacing the shoelace with rubber makes it easier to put on it, and the need to untie again is removed.

There is also an attachment that can be put on the lace of sneakers so that they can be opened and closed with a single touch. This allows you to quickly and easily slide into your shoes. No more squeezing into shoes⁶⁾.

No more tying,
double knotting,
or un-knotting.





Shoe straps sometimes tighten your ankles.
Please observe your legs after taking your shoes off to whether there are marks or not.



High heel shoes need attention.
They may compress your toes or hurt your toes.
It is preferable to avoid those that hurt your toes when you wear them.



Some people say shoes with a low heel are easier on the instep and easier to walk than flat shoes.

Comfort and ease of walking are important in selecting shoes.

It is desirable not to be bare feet in order to protect your legs outdoors⁵⁾.

Sandals may increase the risk of skin injury. Wearing socks is one way to protect your legs.



In order to protect the skin, it is also important to prevent shoe rubbing¹⁾.



There are heel protectors and cushions that prevent rubbing pain.



Words for Research

Comfortable shoes / Lace-up shoes / Heel protector

Bags



Backpacks are recommended as the strain on the body is lower and it is easy to balance left and right.

After breast cancer surgery, if the bag hits the wound and it hurts, shoulder bags and one shoulder backpacks are good. Wide shoulder straps are preferable. You should also sometimes change the position¹⁾.

One shoulder backpacks



Shoulder bags



Backpacks



Light baggage is better¹⁾.

When you have to carry heavy baggage, you can use a caster bag.

In the case of edema of the arm, please use the unaffected arm to draw the case (those who do not operate).



Hanging a handbag on your arm may hinder the flow of lymph in that area, so it is better to hang it on your shoulder¹⁾.

Please hang it on the shoulder of the side that has not undergone surgery²⁾.

There are also bags that have shoulder bags that are adjustable.



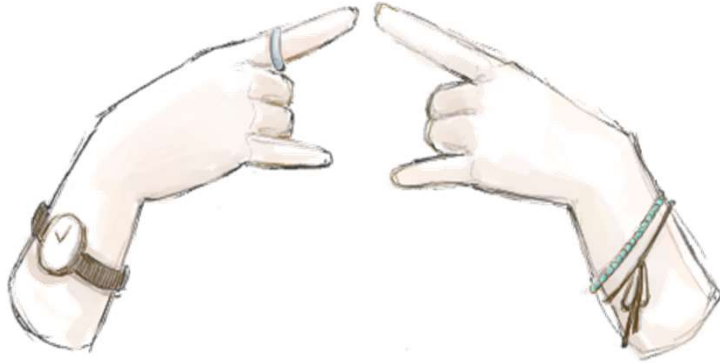
There are individual differences in balance between left and right, so please try a variety of bags.

Words for Research

Backpack / One shoulder backpack / Shoulder bag /
Caster bag

Accessories

Bracelets, rings and watches may restrict the body³⁾. It is good if they are loose enough to move. If there are clear marks or the skin turns red, it may be too tight.



It is important to protect the skin from ultraviolet rays in order to prevent inflammation caused by excessive sunburn.



A parasol and a hat are useful²⁾. You can also use sleeves (arm covers).

Reference

- 1) Hirota, A. (2016). Kangoshi & rigakuryohoshi no tame no lympho fushu no shugi to care [Techniques for care of lymphedema for nurses and physiotherapists]. Tokyo: Gakken Medical Shujunsha.
- 2) Sato, S. (2017). Gan chiryo chu no josei no tame no life and beauty [Life and beauty for women under treatment for cancer]. Tokyo: Shufunotomosha.
- 3) National Cancer Center. (2012). Gan chiryo to lympho fushu [Cancer treatments and lymphedema]. Tokyo: National Cancer Center.
- 4) Hirota, A. (2013). Irasuto de wakaruru lympho fushu—lympho fushu no yobou, seikatsu, selfcare— [Understanding of lymphedema with illustrations—prevention for, lives with, and self-care of lymphedema]. Tokyo: Houken.
- 5) Sato, K. (2005). Lympho fushu no chiryo to care [Treatments for and care of lymphedema]. Tokyo: Igaku Shoin.
- 6) Zubits. (n.d.). Retrieved January 26, 2019, from <https://zubits.com/pages/benefits>

Recommend Items



Cardigans

All year round, cardigans are useful for adapting to temperature and fashionable coordination.

Since they are front opening, they are easy to put on and take off.

A cardigan with loose sleeves can conceal swelling without causing tightening.

Dolman sleeve cardigan

Cardigans with sleeves very wide at the armhole and tighter at the wrist, often cut in one piece with the bodice. They will not tighten the base of your arm. Simple ones can be worn in various situations.



Balloon sleeve cardigan

The sleeves have a bulging shape like a balloon. These cardigans hide the shape of the arm and directs femininity.



Wide sleeve cardigan

Sleeves are wide like a kimono.
These cardigans are overall relaxing.
Those with a longer length are able to
maintain a cooler atmosphere.

The shape of collar
and hem also
changes the
impression of
clothing.



Shawl-like cardigans, and long-length designs, which are
called topper cardigans are suitable for formalized styles.



★Points for putting on and taking off★

- Put on clothes starting with the swollen arm
- Take off starting with the arm that is not swollen

Words for Research

Dolman sleeve / Balloon sleeve / Wide sleeve
Shawl-like cardigan / Topper cardigan

stoles

You can also try wearing a large stole or rolling it (like a scarf). It will not constrict your arms, and it also conceals the silhouette.

If you wear a large-sized stole, you can cover the entire arm.



In the summer, thinner materials are cooler and you can still prevent sunburn.



Stole clips and brooches are also recommended



You can also attach a belt to make a square stole look like a vest. By concealing the shoulder line, you can cover the silhouette.

Eye-catching color and pattern stoles make edema inconspicuous.



HOW TO

①

Hang the wide part on the shoulder



②

Wrap the hanging part around the shoulder



③

Tie it on the side of the shoulder and arrange it to your favorite position

Wearing in the shape of V on the chest creates a beautiful line²⁾.

Capes, much like stoles, also helps cover the shoulder and lower arm lines. Fur cape are warm and fashionable in winter.

Words for Research

Large stole/ Cape / Shawl



Wide Leg Trousers



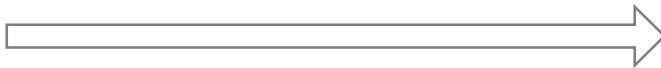
If you want to cover leg edema, wide leg trousers are convenient. Because they are loose, you can wear them without contraction and you can cover the silhouette.

We recommend those that hide your legs completely to your ankles. They can hide elastic stockings as well.

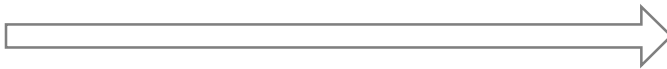
But a too loose style may not look fashionable.

So, by showing thinner parts such as the neck and wrist, you may look more stylish³⁾.

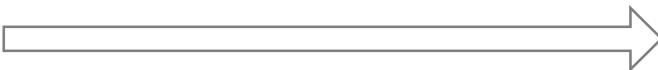
It makes you look more feminine.



V-neck tops or boat-neck ones will give you a slender look.



Trousers made of firm fabric (e.g. denim) will conceal the shape of your legs.



The striped pattern will emphasize the vertical lines.



A common problem!
The hem of my trousers drags on the
toilet floor !



Because they are wide, a common issue is that the hem touches the floor and becomes dirty.

It is difficult to keep trousers from touching the floor while taking off, and putting, on compression stockings.



How about these ways?



Take off trousers by
rolling down from
the waist



Use clothing pegs to
keep the hems
folded up

We discovered an item to prevent slipping down!

Pettipants with strap

If you pull up the hem of the pants and pettipants together, pull the trousers inside the pettipants, and fasten the straps, the issue is fixed.



There are various kinds of wide trousers. Thai pants, gaucho pants, and skirchos (skirt-like gaucho pants).

Words for Research

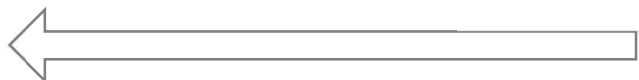
Thai pants / Gaucho pants / Skircho

Maxi Skirts

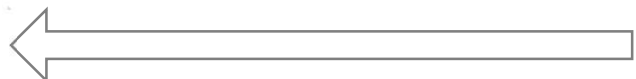


Maxi length skirts hide your legs.

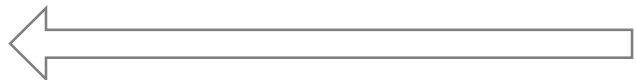
Please be careful not to constrict the waist.
The imprint of elastic on the belly after wearing
is a sign that the garment is overly tight.
You can replace the elastic with a string.



The use of striking accessories near the face can help divert attention from the shape of the skirt.

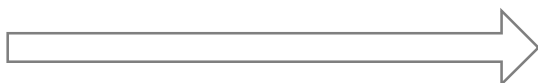


Short-length or small tops match the maxi skirts.

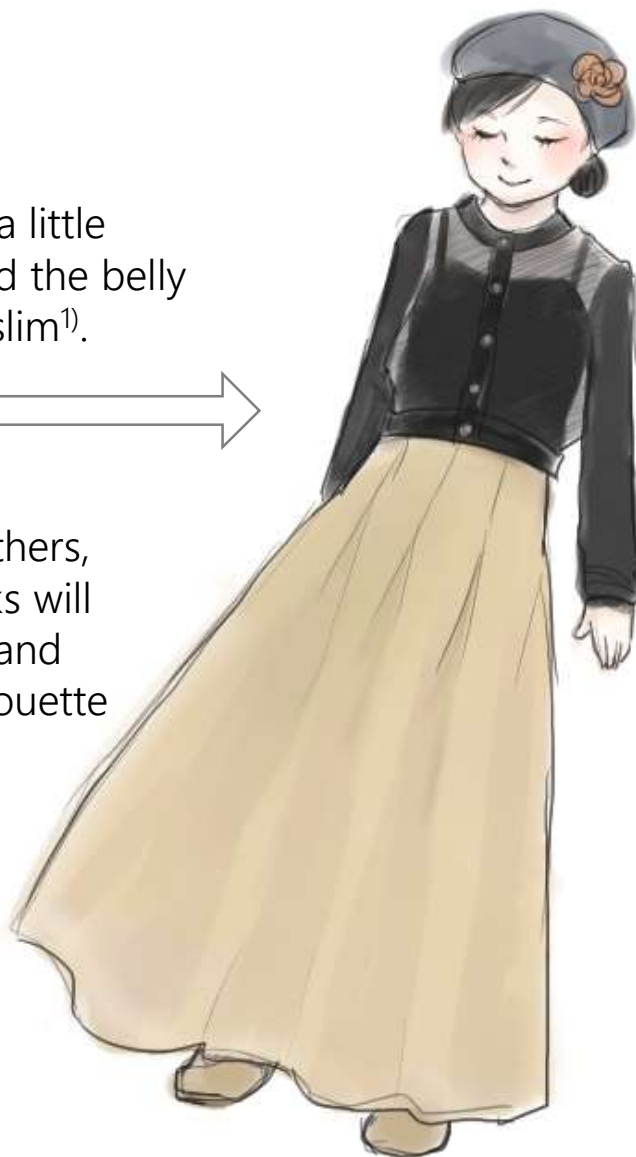


If you wear a skirt that covers up to the ankle, you can also conceal any difference between the left and right legs.

A skirt that is a little narrow around the belly will look you slim¹⁾.



Skirts with gathers, pleats, or tucks will spread softly and cover the silhouette of your legs.



Even if the length of your favorite skirt is a little short, you can have it adjusted and extend the length, so please try consulting with a tailor.

Prevention of skirt clinging Countermeasure against static electricity

Cotton skirts do not generate static electricity.
Cupra lining and petticoat are also good.

Spraying agents to prevent the generation of static electricity are available.
If you spray on your clothes before going out, you can prevent static electricity.

The good point of the skirt is that you can wear it by pulling over your head if the waist of the skirt is wide. This may be easier as you do not have to move the swollen limbs.



Words for Research

Maxi skirt / Long skirt / Wrap skirt /
Gather skirt / Pleats long skirt /
Tuck long skirt

Reference

- 1) Okabe, K. (2012). Jibun rashi style & komono erabi ga yoku wakaru Otona style no fashion book [Adult Style Fashion Book – Own a Style & Accessories Do Choose Well]. Tokyo: Mynavi.
- 2) Ishida, J. (2013). Otona no shiawase oshare zukan [Illustrated book of dressing making adult women happy]. Tokyo: Shufunotomosha.
- 3) Yokomori, M. (2014). Yokomori Minako no otona no kikonashi cho [Stylebook for adult women produced by Minako Yokomori]. Tokyo: Takarajimasha.

Advice from therapists



Advices from stylist



Consultation



Various experiences

I want to hide my swollen limbs!

I will introduce hints
on how to hide edema fashionably.
Please check other hints on p.34-43
together.



POINT① Loose & Fitting

Loose clothes will cover lymphedema.

However, if both the top and the bottom have volume,
the whole body will look big.

We recommend the coordination of loose clothing and
fitted clothing: a dolman sleeve top and slim pants, or a
maxi skirt and short length blouse.

Showing the balance of the whole
body is better than simply hiding
lymphedema.

A good balance may be matching skinny pants, or slim skirt, with loose sleeve blouse or sweater.



LOOSE

FITTED



LOOSE

FITTED

Ponchos might also be good. They can be worn with a variety of bottoms.



When wearing wide trousers or long skirts, it is good to tuck the tops' hems tied or inside the bottom. By clarifying the position of the waist, you will look slimmer¹⁾.

A pattern with black and a clear contrast appears smart²⁾.

POINT② Arrangement of colors and patterns

A garment looks tighter and makes you look slimmer. However, impression might be too heavy if you dress in only black.

It is recommended that you use black partly or to make charcoal gray as the main color instead of black. Charcoal gray is elegant and does not appear as heavy.

Also, large patterns can hide the body shape²⁾.

POINT③ Other noticeable items

If you place an accent at a high position, attention will be drawn to it and your figure will look better³⁾.

Attention is drawn to noticeable items, so that others may not recognize the lymphedema.



I draw others' eyes to big accessories and divert attention from my legs!



A large bag will also be an accent of the coordination.

However, be careful not to strain your arms and legs as the bag gets heavier.



A big hat is also good.



Compression garments are hot!

Even in summer, it is important to wear compression garments every day!
But it is hot....



I want to hide it, and want to prevent sunburn.
So I wear long sleeves. But it's hot

In that case, you should wear cool clothes.
In summer, thin hemp items may be good.
Hemp is airy and does not get humid.
Moreover, it is refreshing because it sucks sweat and dissipates immediately.
Also does not stick to the body.⁴⁾
It is more comfortable if it does not too tightly to your body.



Sleeves (arm covers) for sunburn prevention might be also good.
Those made of cool fabric and loose design are recommended.



Thin hemp straight trousers are convenient.
It is a difficult point that they easily wrinkle, but you can smooth them out by moistening and drying them for a while.

A loose one piece is also helpful.



Compression garments of breathable material are also being developed.
There is also a cold spray that can be used when wearing compression garments.



I want to enjoy slim trousers!

Even if slim trousers are difficult for you and you wear loose trousers, a long-length jacket or cardigan can make your styling slim.



Because you can hide your thighs, you can cover lymphedema to some extent.

Accessories and a high waist position can also be helpful.



I wear denim-like leggings over compression stockings. I cannot wear skinny denim, but this is good as it looks like denim.

Sometimes I wrap a shirt around my waist to hide the thighs.



With a longer-length leggings, if you wear the hem crumpled, you can hide your ankle line and it looks slim.



Please choose ones which not tighten your legs too much. Let's see if there are marks, left by the garment, on your skin.



I want to enjoy fashionable shoes!

I have learned about choosing shoes from experienced people!



Adjustable with string

With zipper



Wide

Round

I wear fashionable sneaker boots, rather than shoes that seem to be exercise shoes.



I wear an insole in the shoe on the affected foot to help balance the difference in between size.

Separated sandals are comfortable.
They do not tighten my feet because the
side is open.
They match fashionable style better than
sneakers.



Separated sandals



Hiding the compression stocking well is
also a point of fashion. When you wear
stockings with open toe, choose shoes
where the boundary between feet and
stockings is completely hidden.



I want to wear boots!



Boots that are large in circumference and with zipper for easy on and off might be good.

I often use leg warmers instead of boots in winter. They warm the legs and hide the thickness of the legs. Leg warmers also match knee-length skirts.



You can warm your own body.

I also want to wear pumps...

You can wear pumps if desired.
Choose a size that will not hurt your feet.
It is good to take off the pumps and move your feet sometimes.

I recommend you to change to comfortable shoes on the way, and to make the time minimal to wear pumps.

It is important to take care of your feet after taking off pumps. Take care of your skin with moisturizing cream and elevating your feet.



Let's move your
ankles and toes.



Reference

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Examples of Coordinates of Recommend Items



Coordinates for people with upper lymphedema

①

Black dolman sleeve cardigan



Dolman sleeve cardigan is easier than a jacket and hides edema.

②

Big stole



Stoles of polyester or rayon will look classy.

Office style of

①

If you combine a blouse and a slim pants with a cardigan, you can use it for work.

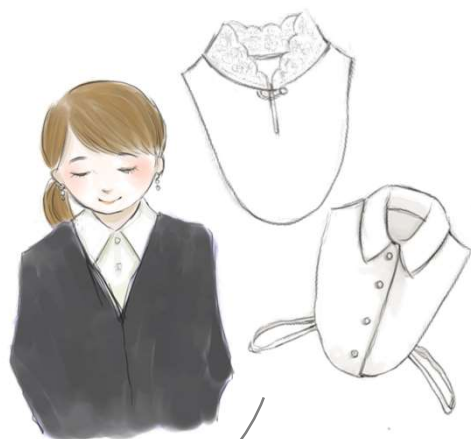


Office style of

②

Wearing shawl over a blouse.





Sleeveless blouses or shirt collars enable formal styling without tightening your arms.

Casual style of
②

Formal style of
①

Formal style of
②

With gorgeous accessories and corsages, you can wear stoles and cardigans at parties.



Coordinates for people with lower body lymphedema

①

Black wide trousers



②

Black pleats maxi skirt



Bottoms of polyester or rayon will look classy.

③

Black lace-up shoes



④

Black comfort shoes



Office style of

① + ④

Center press pants look neat and can be used at work. We recommend that you wear them with a long cardigan or a jacket.



Office style of

① + ④

If the bottom and the shoes have the same color, the edema will not be noticeable and the legs will look longer.



Casual style of

② + ③

If you wear a long cardigan of a strong color over a skirt, even a black skirt will not seem heavy. For good balance using black in another item, such as a hat, is a good idea.



Formal style of

① + ④

If the top and bottom colors are the same, it looks like a formal setup. Let's choose eye-catching accessories and bags that stand out more than edema.



Flared and long-length formal dress are also good.

It hides edema, and when sitting on tatami, it is invisible even if my legs are in a relaxed position under my dress.

Formal style of

② + ④



Black compression stockings are convenient!

Another option is to wear ordinary black stockings over beige compression stockings.



Clothes can cover your legs so you can sit comfortably.

Additional Hints of Fashion



Additional Hints of Fashion

Not only what you wear, but also hairstyles and makeup are a way to enjoy fashion. You can enjoy them regardless of lymphedema.



We recommend that you sometimes visit a hairdresser to have your hair styled, or have a makeover.

Fashion will change your mood and make you feel better.

Accessories are also good items.

Corsages, necklaces and earrings will make your impression bright and glamorous on various occasions.



List of Items



List of Items

The following is a list of the items introduced in the main part of this book and some favorites of those with lymphedema. We cannot say for sure that these items will work for all, but the list may be helpful.

Underwear		
GUNZE	KIREILABO	Seamless, soft and gentle even on sensitive skin.
UNIQLO	Ultra seamless underwear	Shorts are moderately loose. (From experiences)
HANKY PANKY	Shorts	There are many types of race shorts with cute designs. (From experiences)
FELISSIMO	Pettipants with a safety device for gaucho bottoms	The wide pants can be pulled up.
Related items to compression garments		
LymphheDIVAs	Arm sleeves and gauntlets	There are many variations of colors and patterns.
TORAY	Compression stockings COCOFY PLUS	These look natural and not stuffy.
MEDI	Compression stockings medi elegance	There are color variations such as brown and navy.
MEDI	medi fresh spray	You will feel cool as you spray this on compression garments.
KEA-KOBO	Body care inner	In addition to selling compression garments, KEA-KOBO also carries out repairs of them.

Bottoms		
UNIQLO	Wide pants	Simple things can be arranged in different colors.
GU	Wide pants	Cheap ones are available in different colors.
ZARA	Long bottoms	It is easy to find long ones.
RENOWN SIMPLE LIFE	Hemp straight pants	They are light and easy. (From experiences)
Shoes		
SKECHERS	Sneakers	They are easy to wear. (From experiences)
Others		
Zubits	Zubits	This is an item to be attached to the string of sneakers, so that they can be opened and closed with a single touch.
LION	Eleguard	This is a spraying agents to prevent the generation of static electricity.

I don't know whether it's good or not unless I wear it. I always try on clothes and check their comfort and appearance before buying.

When I find something I like, I buy it two or more. It's hard to find something that suits me.



How to Use this Stylebook Effectively

Please enjoy reading this book like a magazine and use it as a reference for self-care. I will suggest some other usage.

1. To search for items on the Internet

In this book, we introduce "words for research". When searching for items on the internet, please select the word for the item you are looking for.

The words might be useful also to further research the coordination examples.

2. To consult a doctor or nurse at the hospital

Because the condition of lymphedema varies from person to person, what clothes are good and what shoes are good also vary. If you have concerns, we recommend that you consult your doctor or nurse. While showing this book, you can ask, "I want to wear something like this, but is it possible?" "I want to buy shoes like this. Are they suitable?"

3. To consult a clerk at an apparel shop

When looking for items at a store, it may be easier to find what you want by showing this book to the clerk.

Afterword

When I first learned about lymphedema, I wondered what clothes I would choose if I had the condition, and then checked out books for self-care. I found advice such as to not use tight clothing and to not wear high heels. Those things were important for prevention, but I wanted to know what it was possible to wear. That is why I made this style book.

In the making of this book, I interviewed people with lymphedema. They taught me a lot about the troubles of choosing clothes and offered ideas on the topic, which were very helpful. However, some people said that their lives had been saved, and that to think about fashion was too much of a luxury.

Clothing is an important part of life, not only for protecting the body but also for brightening the mind and adjusting to the situation. I think that paying attention to clothes will lead to making daily life better. I wanted to help people enjoy fashion how they wanted to.

We do not live for treatment or prevention. I think that treatment and prevention are just a part of life, just like work and hobbies.

Positive words were also heard from people with lymphedema. These people said that they had become more interested in their bodies and had become more concerned about their clothing, and that they had a desire to be feel beautiful than before. I also met people who were working hard in their own lymphedema care because they wanted to continue wearing their favorite clothes. The words of those who were positively living encouraged me.

I hope this book will help you enjoy your life.

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STYLEBOOK for getting along with LYMPHEDEMA

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