

Weight and lymphedema

Obesity is the most important risk factor for the worsening of lymphedema. Weight loss to the normal range of weight and BMI will result in a reduced severity of the lymphedema.



WHAT IS RECOMMENDED

- Have a normal healthy diet.
- If intestinal lymphangiectasia, chylothoraces, chylous reflux and/or chylous ascites are present, a medium chain triglyceride (MCT), high protein diet should be considered.
- Aim for a healthy weight (BMI 19-24).
- Measure weight every 3-6 months.



WHAT YOU SHOULD NOT DO

- Allow obesity to develop (BMI > 29).