

### **One Senior Shares Her Advice on Living with Lymphedema: ‘You Don’t Have To’**

There has been a long-standing misconception among health care professionals that there’s not much that can be done to help relieve the symptoms of lymphedema other than elevate affected limbs, watch sodium intake, and take a diuretic like Lasix. Millions of people simply live with lymphedema, but one Lifesprk client shares her story that proves you don’t have to.

It’s one of the benefits of having an integrated team who specialize in a variety of holistic treatments aimed at improving health outcomes. As Donna shares in her personal story, this ultimately improved her life experience, too. Home care alone isn’t the answer if you want to reduce the need for care and costs long-term. An integrated whole person team can help address everything getting in the way of living the healthiest, most independent life possible.

[Learn more about Donna’s experience.](#)

**If you need proactive guidance or immediate help now, contact Senior Care Navigation, a free benefit to you as an Education Minnesota member: 952-345-3317 or visit [Senior Care Navigation online](#).**