Skin Health and Skin Care

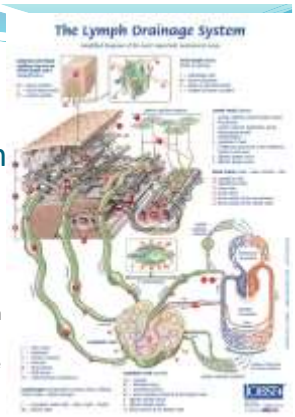
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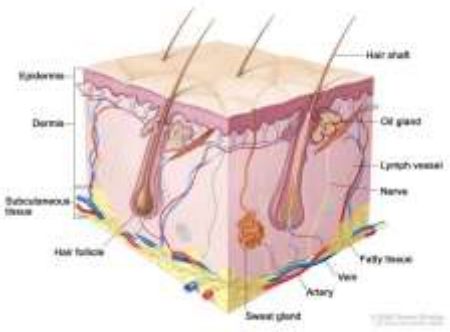
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Functional overview of the Lymphatic System

- Main Functions:
  - Remove/transport fluids
  - Transport excess protein and fat molecules
  - Assist the immune system
  - Assist in maintaining blood plasma fluid volume



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SKIN FUNCTION

- Is the largest and most visible organ of the body
- Acts as a barrier to infections, irritants & allergens
- Regulates body temperature by sweating & by increasing or decreasing blood flowing through it
- Senses the environment

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General Skin Health & Skin Care

- Keep it clean
- Keep it moisturised
- Keep it protected
  - Against injury
  - Against UV
  - Against infection
- Seek help early
- Who & where

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Skin Care Choices

- Cleansing Agents
  - Soap free
  - pH neutral
  - Free of fragrance
  - Low irritancy
    - Chemicals
    - Colours

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Skin Care Choices

- Moisturising
  - Emollients – soothe & soften
  - Lotions & creams – liquid
  - Salves & ointments – oily/fatty, medicated for specific healing
- Timing/application
  - Techniques
  - After bathing
  - Before bed
  - Consideration with compression

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Skin Care Choices

- Protection
  - UV
  - Hats, long sleeves, gloves
  - Sunscreens
- Injury
  - Gardening
  - Areas of friction - underwear

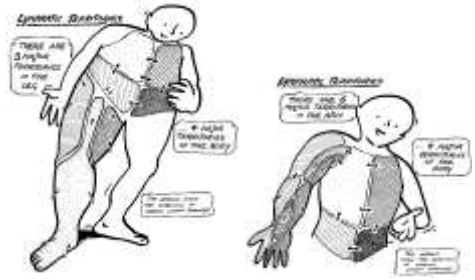
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Monitoring your skin

- Check regularly for changes
  - Signs of infection
  - Signs of injury
  - Signs of dryness
- Seek help

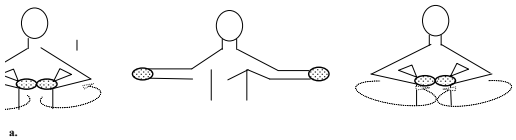
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Lymphatic Territories



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Clear the Abdominal and Thoracic Lymphatics through deep breathing



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Piller and MoseleyLymphology 2005, Journal of Lymphoedema 2006,

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KIS

Keep it Simple, Slow deep Breaths 5x on 5 occasions daily.

Daily skin care applications, using unidirectional strokes, applied proximal to distal on your limb.

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