LYMPHEDEMA IN PORTUGAL

J. Pereira Albino

Hospital Pulido Valente, Lisbon, Portugal

In most Western countries, the lymphedemas are considered rare diseases, generally related to cancer. Besides this, lymphedemas are responsible for a permanent disability that needs to be treated in all its aspects in particular the physical and psychological ones.

Portugal isn’t an exception to that rule (in spite of having a considerable number of immigrants from African countries, where the filariasis still exists), the lymphedemas are not well known by the medical class and their treatment is difficult.

The author in this article, makes a review of the Portuguese Lymphology History, and presents some of the reasons why he believes that it is difficult to carry out epidemiological studies on this disease, which are mainly related to the particularities of the diagnosis. Regarding treatment, the author puts emphasis on the effort made in most Portuguese Cancer Centers for treating post mastectomy lymphedema and ends pointing some measures towards a more effective treatment of this disease.