

LYMPHOEDEMA COLOURING BOOK



ENG

Introduction

This colouring book offers a fun and interactive way for children to learn about managing lymphoedema. The activities in the book are tailored to educate children on the importance of proper skin care to prevent infections and keep their skin healthy.

Children will also learn about the role of compression garments and bandaging in reducing oedema and improving lymph circulation. By engaging with these activities, children can better understand why these practices are important and how they can help manage their condition.

Our goal is to empower children and their families with the knowledge and tools they need to confidently manage lymphoedema. We believe that by making learning interactive and enjoyable, we can foster a positive attitude toward managing the condition.

We hope that this colouring book will be a valuable addition to your child's learning journey. It provides a comprehensive and child-friendly approach to lymphoedema care, ensuring your child can lead a happy, active, and healthy life despite the condition. Enjoy the activities and let the learning adventure begin!

This colouring book was adapted from our [Do's and Don'ts on Skin Care](#) and [Do's and Don'ts on Compression for Children](#), and inspired by the infographic.



make it a team effort



make it a routine



explain the need for compression



make bandaging fun



take care of wounds



don't limit yourself



come as you are



explain lymphoedema



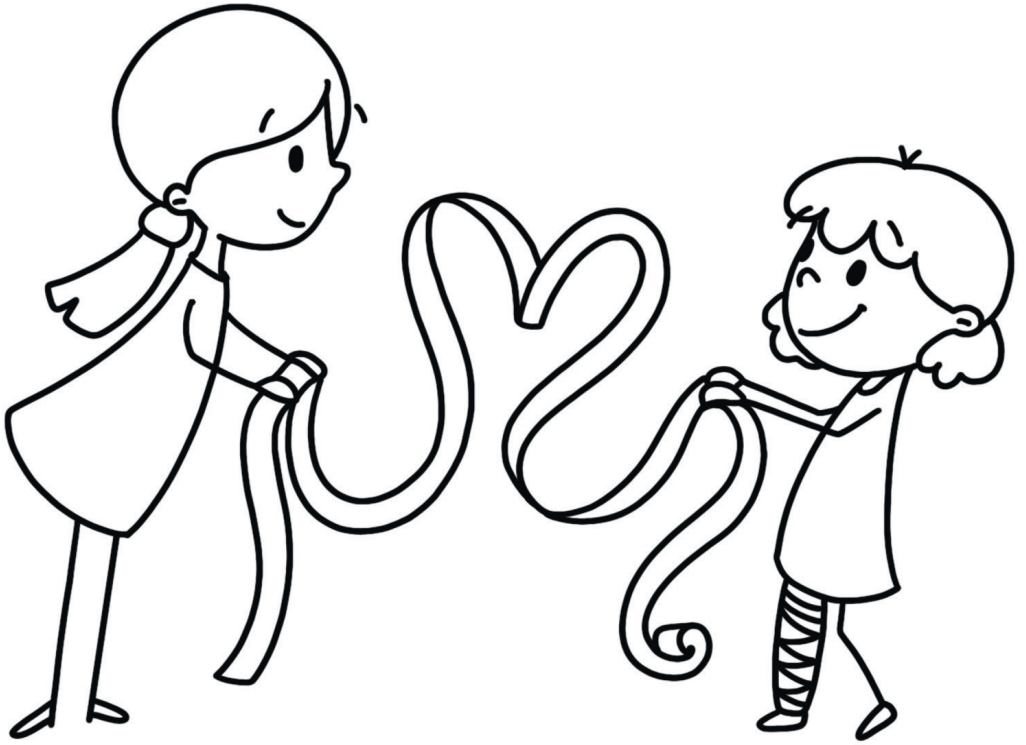
don't expose your body too long to high temperatures



make your skin-check a routine

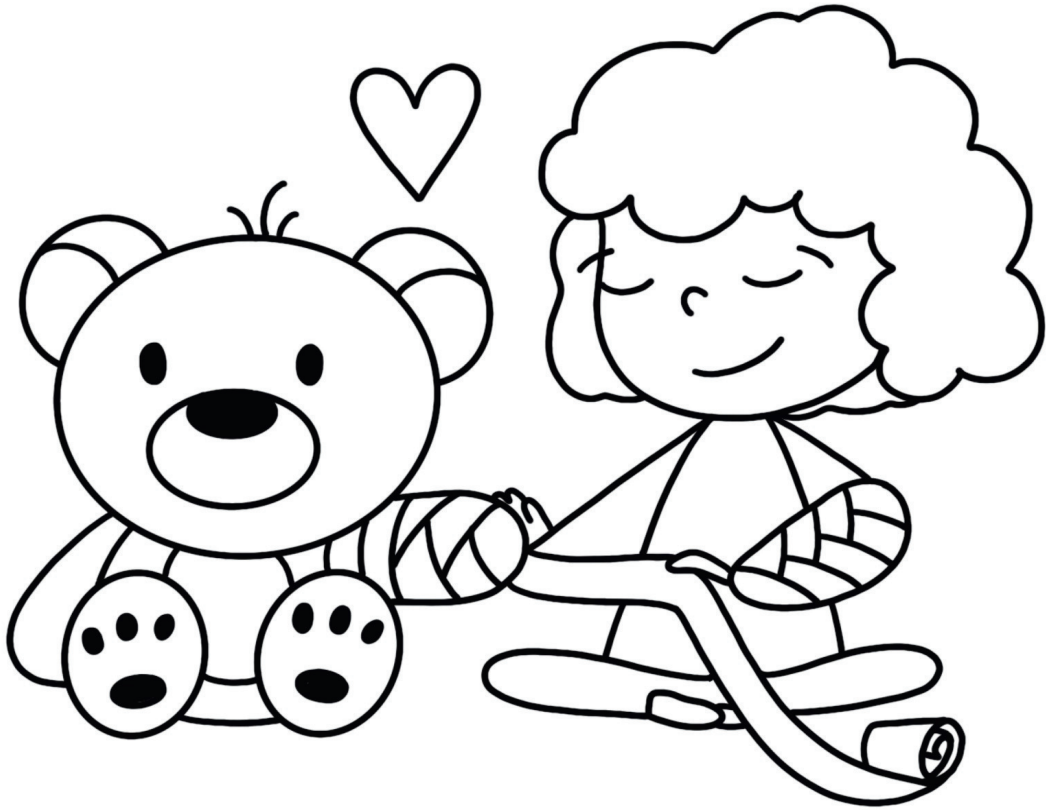


ask for help if needed, don't be alone

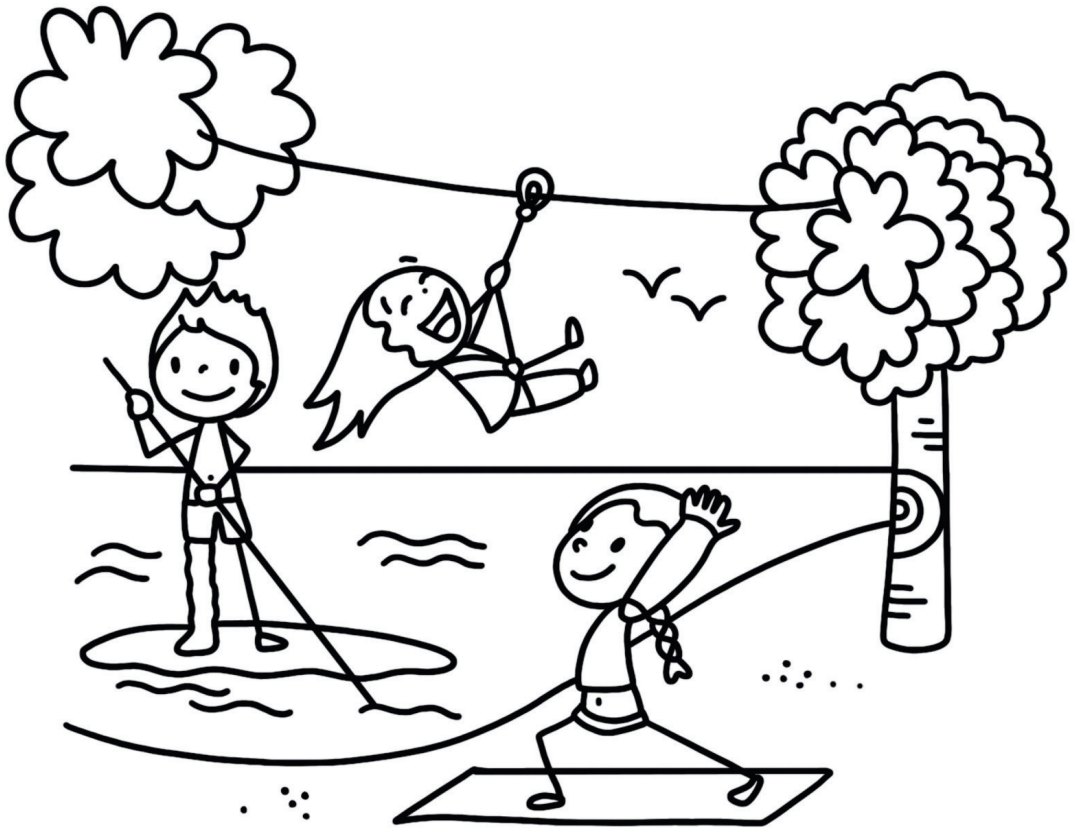


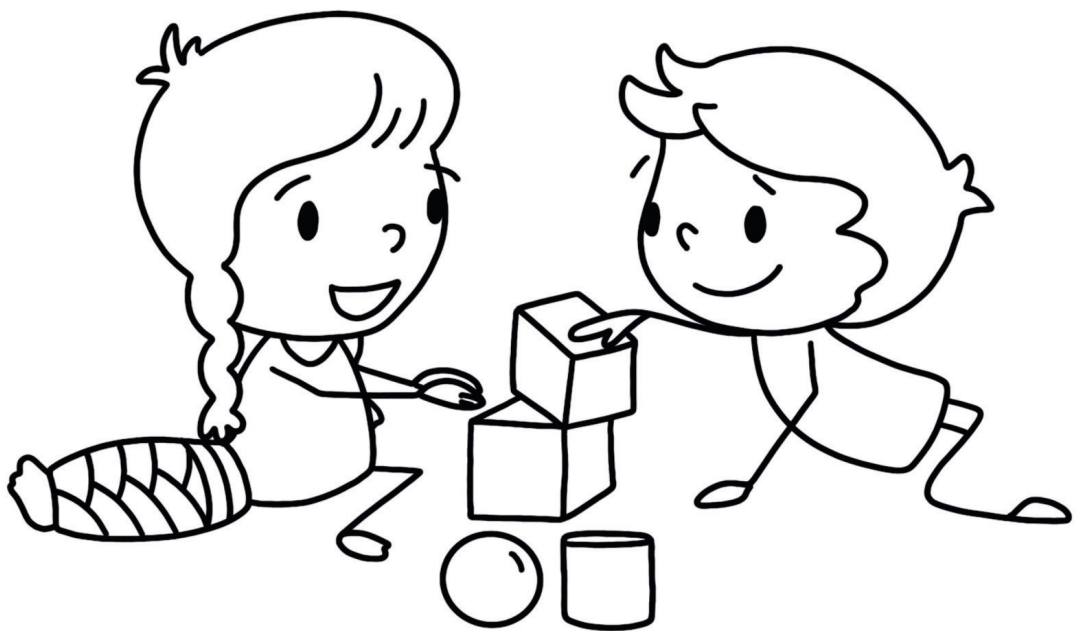




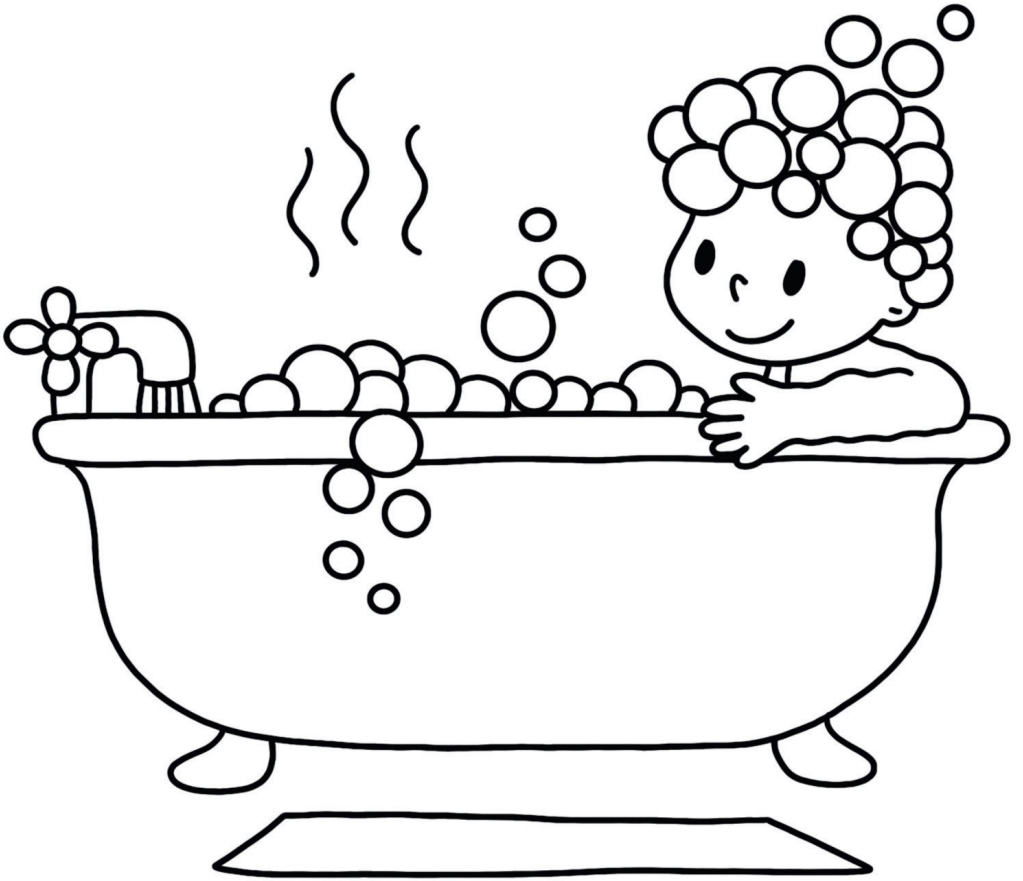
















Editorial Board/Contributors

This document was validated by the Pediatric and Primary Lymphedema (PPL) Working Group.

Manuela Lourenço Marques (Portugal), Caroline Fourgeaud (France), Florence Belva (Belgium), Aleksandra Bergant Suhodolčan (Slovenia), Nele Devoogdt (Belgium), Guido Giacalone (Belgium), Eline Hoogstra (The Netherlands), Tonny Karlsmark (Denmark), Heli Kavola (Finland), Vaughan Keeley* (United Kingdom), Carina Mainka (Germany), Sahar Mansour* (United Kingdom), Elena Matta (Italy), Christoffer V. Nissen (Denmark), Susan Nørregaard (Denmark), Michael Oberlin (Germany), Tanja Planinšek Ručigaj (Slovenia), Alain Pradel (France), Sinikka Suominen (Finland), Kirsten van Duinen (The Netherlands), Stéphane Vignes (France), Sarah Thomis (Belgium), Robert Damstra (The Netherlands).

Illustrations by Chrystèle Lim

**HCP member before Brexit, January 1st, 2021*



VASCERN

Gathering the best expertise in Europe to provide accessible cross-border healthcare to patients with rare vascular diseases



VASCERN, the European Reference Network on Rare Multisystemic Vascular Diseases, is dedicated to gathering the best expertise in Europe in order to provide accessible cross-border healthcare to patients with rare vascular diseases (an estimated 1.3 million concerned). These include arterial diseases (affecting aorta to small arteries), arterio-venous anomalies, vascular malformations, and lymphatic diseases.

VASCERN currently gathers 48 expert teams from 39 highly specialized multidisciplinary HCPs, plus 6 additional Affiliated Partner centers, coming from 19 EU Member States, as well as various European Patient Organisations, and is coordinated in Paris, France.

Through our 6 Rare Disease Working Groups (RDWGs) as well as several thematic WGs and the ePAG - European Patient Advocacy Group, we aim to improve care, promote best practices and guidelines, reinforce research, empower patients, provide training for healthcare professionals and realise the full potential of European cooperation for specialised healthcare by exploiting the latest innovations in medical science and health technologies.

More information available at: www.vascern.eu

Follow us on



Co-funded by
the Health Programme
of the European Union



European
Reference
Network



VASCERN

Date: June 2024

European Reference Network on Rare
Multisystemic Vascular Diseases (VASCERN)

46, rue Henri Huchard
75018 Paris
France