Pediatric and Primary Lymphedema

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).