

**Date: 2<sup>nd</sup> March 2026**

### **March is Lymphoedema Awareness Month**

March is Lymphoedema Awareness Month, an opportunity to raise awareness of a chronic condition that affects an estimated 200,000 people in the UK, although many cases remain undiagnosed.

Lymphoedema is swelling caused by a build-up of lymph fluid in the body's tissues. It can affect any part of the body but is most commonly seen in the arms and legs. It may develop as a result of cancer treatment, infection, surgery, injury or other long-term health conditions. Without early recognition and appropriate management, lymphoedema can lead to pain, reduced mobility, skin changes and recurrent infections.

At WUTH, Jennifer Williamson, Lead Lymphoedema Nurse Specialist, is passionate about improving care for patients living with lymphoedema, leg ulceration, oedema and associated conditions.

Jennifer is a Legs Matter Champion. Legs Matter is a national campaign that aims to improve lower limb and foot care by raising awareness, promoting best practice and advocating for earlier intervention. The campaign highlights that leg and foot health is often overlooked, leading to delayed diagnosis and treatment, and unnecessary harm to patients.

Jennifer has seen first-hand how leg and foot problems can significantly impact a person's quality of life physically, emotionally and socially. She believes that legs should never be an afterthought and is committed to ensuring that everyone within the Trust has access to evidence-based care, early recognition and timely treatment.

By increasing awareness among staff, we can help identify issues sooner, improve patient outcomes and reduce avoidable complications.

