

Secondary Lymphoedema and Venous Oedema

Secondary lymphoedema is a condition whereby the legs swell as a result of damage to the Lymph system from previous surgery. When patients undergo surgery that involves the removal of tissues, Lymph nodes can be damaged or removed inadvertently. This can occur especially in operations dealing with the removal of cancers.

When any lymph nodes are removed, the ability of the lymphatic system to drain excess fluids that accumulate in the tissues can be hindered. When this happens the excess fluids accumulate in the tissues and limbs, leading to a swelling of these areas.

Another condition that also involves the swelling of the legs is venous oedema, which occurs due to venous insufficiency. Venous insufficiency can be caused by disease, the prevalence of varicose veins, or previous deep vein thrombosis. It can occur because of high blood pressure or if the heart is not working properly.

When venous insufficiency takes place, excess fluids cannot be efficiently removed through the veins, leading to a leakage into the tissues. This then leads to a swelling in the areas.

Further Information: ➤ [Lymphoedema Association of Australia](#)

Research Findings



From the findings of the research, we have come up with *ten major points*. The following is a list and description of these ten points, describing the benefits people can expect to receive from using *the Sun Ancon Chi Machine*:

👉 Professor Neil Piller with Amanda Moseley, showing a clinical trial participant with secondary lymphoedema how to use the Chi Machine.

For people without any medical problems:

- 1. A SLIGHT REDUCTION IN FLUIDS IN THE LIMBS**
The group with normal healthy legs experienced a reduction of 45mls in fluids over the three-week period.
- 2. A REDUCTION IN WEIGHT**
The group with normal healthy legs lost an average of 0.6kg over three weeks. This is a significant amount over such a small period.
- 3. A REDUCTION IN PERCENTAGE BODY FAT**

For people with secondary lymphoedema due to lymph damage and those with venous oedema through venous insufficiency:

- 4. A SIGNIFICANT REDUCTION IN LIMB VOLUME AND CIRCUMFERENCE**
Extra-cellular fluid for the group with secondary lymphoedema fell over the three-week period. At the one month follow up the fluids had risen but were not back to their original levels.
- 5. A SIGNIFICANT LOSS OF OEDEMA FLUID FROM THE LIMBS**
The group with venous oedema experienced a reduction of 440mls in leg fluid over the three-week period. Although fluid levels had increased at the one-month follow up, they were not back to their original levels.
- 6. A SIGNIFICANT LOSS OF WEIGHT**
Average weight loss for the group with venous oedema was 1.45kgs over the three-week period. This remained stable at the one month follow up. Of those with secondary lymphoedema, average weight loss was 0.5kgs and this remained stable at the one month follow up.
- 7. A REDUCTION IN PERCENTAGE BODY FAT**
- 8. AN IMPROVEMENT IN LYMPHATIC DRAINAGE**
Lymphoscintigraphy showed a marked improvement in lymphatic function.
- 9. A SIGNIFICANT IMPROVEMENT IN SUBJECTIVE SYMPTOMS**
Most participants reported a reduction in pain, tightness, heaviness, skin dryness, limb size difference, cramps, pins and needles, burning feeling and temperature difference.
- 10. A SATISFACTION WITH THE TREATMENT AND AN IMPROVEMENT IN THE QUALITY OF LIFE**
85 – 88% OF PARTICIPANTS WERE SATISFIED WITH THE TREATMENT REGIME. There were also improvements with the feeling of control participants had over their condition, range of movement, positive impact on daily life, and an increase in the ability to exercise.

Research Significance

With so many scientifically proven positive effects from the use of [*the Sun Ancon Chi Machine*](#), everyone can now feel confident in benefiting from the use of the Machine. Considering the high cost of traditional treatments for secondary lymphoedema and venous oedema, [*the Sun Ancon Chi Machine*](#) is a cheap, effective and convenient alternative. For people without any medical conditions, [*the Sun Ancon Chi Machine*](#) offers an opportunity to lose weight and body fat without the need to pay for expensive gym memberships or undertake strenuous exercise.

The extensive research undertaken by [Flinders University](#) illustrates the commitment Hsin Ten Australia has to the customer. This groundbreaking research has separated Hsin Ten Australia and [*the Sun Ancon Chi Machine*](#) from the competition who offer cheap, imitation machines. It proves that [*the Sun Ancon Chi Machine*](#) is an outstanding product and is the only one that is backed by the highest in quality scientific research. Both distributors and

customers can rest assured that they are dealing with the original and best machine available!



Flinders University, Adelaide

Flinders University is situated in Adelaide, the capital of South Australia. Flinders University is a unique university with the first integration of a university department with a public hospital. The sole purpose was to provide an integrated medical center and university. Here, clinicians and academics can exchange ideas and theories as well as practical environment to teach newly found techniques, conduct experiments and base findings and research into newly developed theories.

Flinders University has an outstanding reputation for both the quantity and quality of its research. It is the leading university in Australia for producing publications on a per capita basis and the amount spent on research per staff member places it sixth among universities in Australia.

Clinical trials took place at the Lymphoedema Assessment Clinic. The Clinic plays an integral role as part of Flinders Medical Centre in the treatment and prevention of lymphoedema and other oedemas. It is committed to apply and test research findings in the clinical setting and ensure good science, objective clinical measurements, and subjective personal statements support the outcomes.

For further information, follow the links below:

➤ [Flinders University](#)

Research Team



Professor Neil Piller

l trials with the support of his professional team. ading lymphologists, regularly working with other l. He has presented and published over 300 works and awareness programs, such as the h Lions International and Lymphoedema Awareness

Days around Australia.

Professor Neil Piller was also assisted by a team of highly professional people during the clinical trial. These people included:

- Ms Amanda Moseley (Research Officer)
- Mr Adrian Esterman (Biostatistician and Clinical Epidemiologist)
- Associate Professor Colin Carati (Anatomist)
- Mr Brian Bridger (Bio-medical Engineer)
- Dr Jack Walsh (Vascular Surgeon)
- Dr Stephen Birrell (Surgeon)