



JoViPak® Video/DVD Order Form

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"Choices - The Importance of Lymphedema Awareness and Patient Education in Self-care Practices."

Every Lymphedema Therapist needs a copy of this video in their clinic. Patient compliance is the key to successful treatment and management. Choices is a collection of candid conversations with ten lymphedema patients... their struggles, their choices and their success stories. It is comforting to those overcome by fear and indecision, and an inspiration to those ready to take charge and get on with their lives!

Commentaries by JoAnn Rovig and Gretchen Steffes follow each interview. Both JoAnn and Gretchen are Vodder, Casley-Smith, and Foldi trained lymphedema therapists, treating lymphedema patients since 1992. They are currently directing their efforts toward patient education seminars, workshops, and self-care classes. Order Today! \$20 each. (VHS only).

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"Self Care for Upper Extremity Lymphedema"

If you have lymphedema, you may have been told that nothing can be done for your condition. After seeing this video, you will discover that this is not true. JoAnn Rovig presents a step-by-step, comprehensive maintenance and prevention program for mastectomy and lumpectomy patients and others "at risk" of developing lymphedema.

Includes the etiology of lymphedema and detailed instructions for self-massage, bandaging, and measuring your progress. Length: 1 hour, 23 minutes. Order Today! \$50 each. PAL format add \$10 each.

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"Self-Care for Lower Extremity Lymphedema"

JoAnn Rovig explains the causes of lymphedema and how to control it, including step-by step instructions for self-Manual Lymph Drainage and measuring your progress. Lynn Fass, RN, CLT, a primary lymphedema patient herself, demonstrates the proper use of short-stretch bandaging. Length: 1 hour. Order Today! \$40 each. PAL format add \$10 each.

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