

77 - EFFECT OF LYMPHATIC DRAINAGE ON GELOID EDEMA FIBER

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INTRODUCTION

Many times the female public has been looking for dermatological methods yearning to get an improvement in their aesthetics and health problems such as cellulite which in the medical field is commonly known as Fibro Edema Geloid (MEYER et al, 2011). There are three degrees of EGF. Grade I or also known as mild, which changes are perceived only during tissue compression. Grade II or also moderate presents the changes spontaneously, without compression. Grade III or severe, presents cutaneous alterations in lying or standing position (MACHADO et al, 2009).

EGF is characterized by changes in the surface of the skin that leave an orange peel appearance, and these changes in the contour of the fibroid edema include depressions and relief areas. The appearance of the EGF is a consequence of some factors such as sedentary lifestyle, medication use, stress, overweight, high concentration of coffee in the body, alcohol, so that its treatment will have good results requires a change in lifestyle and a thorough assessment of the patient (HEXCEL, 2009).

Nowadays, with the growth of aesthetic specialties in different branches and the need for countless techniques to maintain the beauty standards that have been increasingly imposed by the society that has become increasingly vain, lymphatic drainage has become another ally. applied in many treatments and one of them was fibroid edema (LESSA et al, 2012).

The emergence of EGF has become somewhat alarming, as it is a consequence of many factors such as obesity, physical inactivity, alcohol and stress, which can become critical and very painful in the patient's life (PETERSON, GOLDMAN , 2011; BRANDAO et al, 2010). Because it is a dysfunction of several factors, for the treatment to have satisfactory results, it is necessary a very detailed evaluation, anamnesis and physical examination (PETERSON and GOLDMAN, 2011).

Several studies as cited by the author Almeida et al. (2011), show us aesthetic resources in the treatment of EGF such as the application of cosmetics, electrotherapy and lymphatic drainage. This protocol aims to drain excess accumulated intestinal fluid with a smooth, slow, and lymphatic vessel execution. The protocol facilitates gas and nutritional exchanges, helps the removal of protein and toxin-rich fluids, and has normalized interstitial Ph, thus favoring nutrition and oxygenation of the tissue as a whole (BRANDAO et al, 2010; ABE and FERREIRA, 2014).

METHODOLOGY

The study was conducted has as its characteristic a literature review, with descriptive analysis. For the study, we used scientific articles in Portuguese and English. The Pubmed, Scielo, Medline and Google Scholar databases were consulted using the keywords lymphatic drainage, geloid fibro edema, lipodystrophy and cellulite, as well as their crossover for a better search result. Studies were sought between the dates in the years 2009 to 2019.

An analysis of the articles, methodologies, results and conclusions was performed, thus selecting the most relevant studies that best fit the research on the effects of drainage on the fibroid edema, which are presented in a descriptive table in the results section. discussion of the present study.

RESULTS AND DISCUSSION

AUTHOR	TITLE	DESCRIPTION	YEAR
GUSMÃO, <i>et al.</i>	Effect of Lymphatic Drainage on the Treatment of Fibro Geloid Edema in Women	Objective: To analyze the effectiveness of manual lymphatic drainage in the treatment of fibroid edema in women.	2018
BRANDÃO, <i>et al.</i>	Evaluation of manual lymphatic drainage technique in the treatment of fibroid edema in women	Objective: To analyze the effect of DLM on the treatment of EGF. An evaluation was performed at the beginning and at the end of treatment in 10 EGF volunteers, grade I to III.	2010
SILVA ; MEJIA.	The benefits of lymphatic drainage on the skin aspect in women with fibro geloid edema.	Analyze the benefits of DLM on skin appearance in women in EGF	2012
SOARES, <i>et al.</i>	Effects of manual lymphatic drainage using Leduc technique in the treatment of fibroid edema.	Identify the effects of DLM through the Leduc technique in the treatment of EGF.	2015
SCHONVVETTER, <i>et al.</i>	Effects of lymphatic drainage on cellulitis assessed by magnetic resonance imaging	Objective: To identify by means of imaging exam results in the EGF through imaging exams.	2014

According to Brandão, et al. (2010) the effect of lymphatic drainage on the treatment of EGF in women was extremely satisfactory, being as follows: 10 sessions were performed in 10 sedentary women with grade I and III of EGF. The sessions had an average duration of 60 minutes and photographic records of the regions were made. Improved skin appearance has been visualized through both photographs and visual inspection.

Lymphatic drainage aims to stimulate the entire lymphatic system, with gentle movements and stimulation of lymph nodes, drainage acts in the elimination of metabolic waste and toxins, and has been reducing excess body fluids, which is becoming a justification of studies on the influence of drainage on EGF.

In the study by Silva and Mejia (2012), it was observed the benefits of drainage on the skin aspect of women with fibroid edema. The study was conducted with 3 participants, presenting a different EGF stage. An evaluation was performed and the protocols were subsequently developed for two months, with 3 weekly visits lasting 30 minutes. Respectively, patients with grade I, II and III obtained the following results: significant reduction, moderate reduction and no satisfactory reduction.

Gusmão in his study shows that this change affects many aspects of life, not only the aesthetic or psychological aspects, but that for the treatment of EGF to be successful, it is necessary that the patient actually dedicate himself to the treatment also changing his life habits, after all, the professional will not always be able to guarantee 100% results if the patient remains totally unruly (GUSMÃO et al., 2018).

Usually when there is an aesthetic treatment protocol, the first patient-professional contact is talked about lifestyle habits, about changes, after all whenever you start any treatment, you need both the professional who will donate all their knowledge to occur the maximum result, as the patient will devote himself to changing his lifestyle so that his body will be reeducated and obtain satisfactory results, this being a two-way street.

In addition to the above, the study by Soares, et al. (2015), provides an evaluation on the effects of drainage with Leduc technique in the treatment of fibroid edema. The study describes a patient with the following anamnesis characteristics: elevated BMI, 40 years, sedentary, grade I and II EGF, irregular eating habits and lack of physical activity. The results of the technique were improvement in grade I EGF and a slight improvement in grade II EGF, and the patient did not change her life habits.

In the study by Schonvvetter et al. (2014), which was conducted with fifteen women, observing the lower limb tissue with both inspection, palpation and imaging exams, the author reports in her study that with the drainage technique, There is indeed a reduction in the appearance of cellulite, especially in the hip circumference, but there is no relevance of results regarding the circumference of the thighs, but what most highlights is the improvement in the quality of life of all women. participated in the study and concludes by saying that more studies need to be done to actually have a better conclusion of the results.

It should be borne in mind that fibroid edema is not only an aesthetic change or leads to psychological distress or reduced self-esteem, but it is a health problem, a functional problem, which causes pain and causes pain. worsening the quality of life of the individual who suffers from it.

#### CONCLUSION

The EGF is an aesthetic problem that affects both women and men and causes changes in the appearance and function of the skin, resulting not only in the reduction of self-esteem but also in pain in the affected area.

Considering that fibroid edema is characterized by a metabolic change, which causes accumulation of interstitial fluid, leading to edema and skin changes, drainage is considered one of the most suitable therapies for its treatment. The lymphatic drainage protocol observed in this study proved to be an extremely appropriate therapy in the treatment of icy fibro edema, providing visual improvement in the appearance of the skin.

However, despite the satisfactory results, further studies on the subject of this study are suggested, with the intention of having a better knowledge regarding the results and benefits of lymphatic drainage in the treatment of EGF.

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#### RESUMO

O fibro edema gelóide, é classificado como um distúrbio no metabolismo do tecido subcutâneo, que leva a uma alteração no corpo das mulheres e como terapêutica de tratamento, tem-se a drenagem linfática manual. Objetivo: Analisar a eficácia da drenagem linfática manual no tratamento do fibro edema gelóide. Metodologia: Foram utilizados artigos científicos em português e inglês, entre os anos de 2010 a 2018. Resultados: Foram encontrados um total de 370 artigos, sendo passado por uma triagem e os artigos obtidos pela análise de dados foram apenas 7, que foram expostos em um quadro contendo Autor, Título, Descrição e Ano. Conclusão: Ficou evidente a eficácia da drenagem linfática manual no tratamento do fibro edema gelóide em mulheres. Porém, tal protocolo deve ser associada a uma qualidade de vida com o objetivo de um melhor prognóstico da disfunção estética.

Palavras Chave: Celulite. Drenagem Linfática Manual. Estética. Imagem Corporal. Saúde.

**ABSTRACT**

Gelroid fibro edema is classified as a disorder in the metabolism of subcutaneous tissue, which leads to a change in the women's body and as a treatment therapy, there is manual lymphatic drainage. Objective: To analyze the efficacy of manual lymphatic drainage in the treatment of fibroid edema. Methodology: Scientific articles were used in Portuguese and English, from 2010 to 2018. Results: A total of 370 articles were found, being screened and the articles obtained by data analysis were only 7, which were exposed in a table containing Author, Title, Description and Year. Conclusion: The efficacy of manual lymphatic drainage in the treatment of fibroid edema in women was evident. However, such protocol should be associated with a quality of life aiming at a better prognosis of aesthetic dysfunction.

Keywords: Cellulite. Manual lymphatic drainage. Aesthetics. Body image. Cheers.

**RESUMEN**

El edema de fibroma gelroide se clasifica como un trastorno en el metabolismo del tejido subcutáneo, lo que conduce a un cambio en el cuerpo de la mujer y, como terapia de tratamiento, hay drenaje linfático manual. Objetivo: analizar la eficacia del drenaje linfático manual en el tratamiento del edema de fibromas. Metodología: se utilizaron artículos científicos en portugués e inglés, de 2010 a 2018. Resultados: se encontraron un total de 370 artículos, que se examinaron y los artículos obtenidos mediante análisis de datos fueron solo 7, que fueron expuestos en una tabla que contiene Autor, Título, Descripción y Año. Conclusión: La eficacia del drenaje linfático manual en el tratamiento del edema de fibromas en las mujeres fue evidente. Sin embargo, dicho protocolo debe asociarse con una calidad de vida que apunte a un mejor pronóstico de la disfunción estética.

Palabras clave: Celulitis. Drenaje Linfático Manual. Estética Imagen corporal Salud.

**Résumé**

Le fibro-œdème gastrique est classé comme un trouble du métabolisme des tissus sous-cutanés, ce qui entraîne une modification du corps de la femme et, en tant que traitement thérapeutique, il existe un drainage lymphatique manuel. Objectif: analyser l'efficacité du drainage lymphatique manuel dans le traitement de l'oedème fibroïde. Méthodologie: Les articles scientifiques ont été utilisés en portugais et en anglais, de 2010 à 2018. Résultats: Un total de 370 articles ont été trouvés, examinés et les articles obtenus par analyse de données étaient seulement 7, qui ont été exposés dans un tableau contenant l'auteur, le titre, la description et l'année Conclusion: L'efficacité du drainage lymphatique manuel dans le traitement de l'oedème fibroïde chez la femme était évidente. Cependant, un tel protocole devrait être associé à une qualité de vie visant à un meilleur pronostic de dysfonctionnement esthétique.

Mots-clés: Cellulite. Drainage lymphatique manuel. Esthétique Image du corps. La santé.