

Lymphödem

Klassifikation nach ICD-10

I89.0	Lymphödem, anderenorts nicht klassifiziert
I97.2	Lymphödem nach Mastektomie Elephantiasis
Q82.0	Hereditäres Lymphödem

ICD-10 online (WHO-Version 2006) ^[1]

Das **Lymphödem** ist eine sicht- und tastbare Flüssigkeitsansammlung im Interstitium (Zwischenzellraum). Es wird durch mechanische Insuffizienz des Lymphgefäßsystems hervorgerufen. Es handelt sich um eine Symptombeschreibung, nicht um eine Diagnose. Zugrunde liegt ein chronisch-entzündliches Krankheitsbild, das nicht nur die Extremitäten sondern auch das Gesicht, den Hals, Rumpf und auch die Genitalien betreffen kann. Durch mechanische Insuffizienz kann die interstitielle Flüssigkeit nicht mehr ausreichend über die Lymphgefäße abtransportiert werden. Dies führt zu einem Rückstau und zur Ansammlung von Flüssigkeit in den Zellzwischenräumen (Ödem).

Lymphödemstadien

- Stadium 0, Latenzstadium: Es treten noch keine Symptome in Erscheinung.
- Stadium 1, Reversibles Stadium: Eiweißreiches Ödem, nur wenige, kleine, lokal begrenzte fibrosklerotische Gewebsveränderungen. Das Ödem ist noch teigig-weich, es kann mit dem Finger noch leicht eine „Delle“ eingedrückt werden. Ein Hochlagern des Ödems (soweit möglich) reduziert in gewissem Maße die Schwellung. Das Stemmersche Zeichen ist (meist) positiv.
- Stadium 2, Spontan irreversibles Stadium: In diesem Stadium finden fibrosklerotische Veränderungen sowie eine Fettgewebsproliferation statt. Das Ödem ist hart und reagiert auf Hochlagern nicht mehr mit Abschwellung.
- Stadium 3, Elephantiasis: Ausgedehnte fibrosklerotische Veränderungen sowie Fettgewebsproliferationen haben stattgefunden.

Ätiologische Klassifikation

Man unterscheidet das Lymphödem in eine primäre und eine sekundäre Form.

- Bei der primären Form sind die Lymphgefäße und/oder Lymphknoten aufgrund einer Entwicklungsstörung nicht oder nur teilweise oder mit einer Fehlbildung angelegt. Ganze Extremitäten oder Körperregionen können hier betroffen sein. Das völlige Fehlen der Lymphgefäße einer ganzen Körperregion ist nicht mit dem Leben vereinbar und führt schon im Mutterleib oder kurz nach der Geburt zum Tod.
- Beim sekundären Lymphödem sind die Abflussbahnen mechanisch insuffizient als Folge von entweder pathologischen Veränderungen wie z. B. Tumorerkrankungen, Traumata, Lymphangitiden (Entzündung aufgrund von Viren, Bakterien, Pilzen, Parasiten, etc., auch im rheumatischen Formenkreis), chronisch venöse Insuffizienz (CVI), Diabetes, etc., oder aufgrund von iatrogenen Eingriffen wie z. B. OP-Narben, radiologischen Bestrahlungen, Entfernung von Lymphknoten nach Tumorentfernung, Venenentnahme zur Bypass-OP, etc..

Diagnostik

- Lymphografie/Isotopenlymphografie

Therapie

Als Therapie der Wahl kommt, um die überschüssige Flüssigkeit aus dem Interstitium abtransportieren zu können, die Komplexe Physikalische Entstauungstherapie (KPE) infrage.

Unter Komplexer Physikalischer Entstauungstherapie werden zusammengefasst:

1. manuelle Lymphdrainage
2. Hautpflege
3. Kompressionsbandage/Kompressionsstrümpfe
4. spezielle Bewegungstherapie in Kompression
 - Zusammenspiel Arzt, Lymphtherapeut, Sanitätshaus, Betroffene/r

Die Komplexe Physikalische Entstauungstherapie ist eine erprobte und erfolgreiche Therapie auch des chronischen Lymphödems. Keine alleinige Therapieoption sind Diuretika (entwässernde Medikamente). Eine alleinige Behandlung mit Diuretika vermindert zunächst und primär das vaskuläre Flüssigkeitsvolumen. Der onkotische Sog des Plasmas wird nur kurzzeitig aufgebaut und verändert die Eiweiß- und Proteinkonzentration des Ödems nicht positiv. So wird man einen Jo-Jo-Effekt beobachten können. Um die gewünschte Wirkung des Diuretikums zu erhalten, wird man das Diuretikum ständig und in steigender Konzentration verabreichen müssen. Weiterhin beachte man, dass ein Diuretikum den Lymphtransportmechanismus beeinträchtigt.

Referenzen

- [1] <http://www.dimdi.de/dynamic/de/klassi/diagnosen/icd10/htmlamtl2006/fr-icd.htm>

Quellen und Bearbeiter der Artikel

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