

A photograph of a person with severe lymphedema, showing significantly enlarged and discolored limbs. The person is sitting on the ground, wearing a patterned sarong and a white cloth. The background is a blurred outdoor setting.

**Finding  
hope for**

# LF

**in India**

## What is LF?

Lymphatic filariasis is a mosquito-borne parasitic infection that damages the lymphatic system and can cause chronic and debilitating swelling of the limbs known as lymphedema or elephantiasis.

## LF worldwide

Almost 1.1 billion people are at risk for LF in more than 73 countries worldwide, 600 million of whom reside in 250 districts in India - accounting for over 40 percent of the global LF burden.

## Beating India's LF

India has set a national goal of LF elimination that focuses on two pillars:

- 1) interruption of disease transmission through mass drug administration; and
- 2) reduction of LF-associated morbidity for patients already impacted by clinical disease.

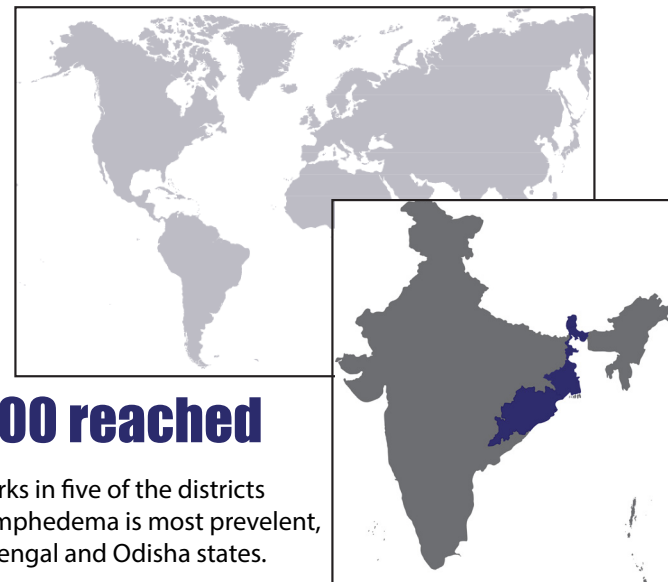
## The challenge

MDA campaigns have progressed well, and some districts have demonstrated interruption of transmission. However, MDA does not treat the chronic clinical manifestations seen in some LF-infected individuals. Lymphedema management programs are therefore necessary to mitigate the symptoms associated with lymphedema, and to prevent the development of acute attacks and the worsening of lymphedema.



**CASA provides hope  
to those living with**

# LF



## Education

CASA creates community-level Volunteer Task Forces and trains them on lymphedema and foot care management. CASA Volunteers then conduct village-to-village, and house-to-house community education activities to increase awareness on LF and work to reduce the stigma associated with the disease.



## 30,000 reached

CASA works in five of the districts where lymphedema is most prevalent, in West Bengal and Odisha states.

## A history battling LF

CASA has been working in lymphedema district-wide community-based lymphedema management programs since 2007 with funding from CDC, Sabin and other donors, as well as partners such as IMA World Health. CASA volunteers provide critical support for community mobilization for MDA. The Indian Health Ministry has endorsed the "CASA model" for lymphedema management as the way forward for treating patients, and has been included in the National Roadmap for the Elimination of LF.

CASA is a leading Indian development and humanitarian organization. CASA is based in New Delhi, and has three zonal offices in Mumbai, Kolkata and Chennai, and 18 sector offices, from where its country-wide programs are implemented and monitored by more than 500 employees. CASA is operational in more than 10,000 villages with more than 500 partner organizations.

## Casework

Before starting the program in a district, CASA volunteers conduct a door-to-door morbidity census to enumerate the number of individuals with lymphedema. Volunteers work with identified patients and their families, providing education and demonstrating washing and care techniques, including exercises to help reduce swelling and pain, and prevent acute attacks. Volunteers conduct follow-up visits to monitor the physical and emotional status of those with lymphedema.



## Supplies

CASA provides hygiene kits to lymphedema patients. Kits contain antifungal creams, medicated soaps, bandages, and towels. Plastic buckets are also provided to volunteers. At the 6 month follow-up visit, CASA provides replacement supplies.



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