\n: newline

**"diag\_low\_risk"**: "Suggestions: \n\nFor individuals at low risk for lymphedema, it's essential to stay informed about the condition and its early symptoms, such as swelling or skin changes. \n\nMaintain a healthy weight through balanced diet and regular exercise, keep your skin moisturized and protected from injuries, and avoid heavy lifting or activities that strain your limbs. Use compression garments when recommended and be cautious with extreme temperatures. Regularly monitor for any changes and consult your healthcare provider promptly if symptoms develop.",

**"diag\_mild"**: "Suggestions: \n\nFor individuals with mild lymphedema, it is crucial to manage your condition through regular monitoring and lifestyle adjustments. \n\nMaintain a healthy weight with a balanced diet and regular exercise, and practice diligent skin care to prevent infections. Use compression garments as recommended by your healthcare provider to support lymphatic function. Avoid activities that excessively strain the affected limb and be cautious with extreme temperatures. Regular follow-ups with your healthcare provider are essential to monitor the condition and ensure timely intervention if symptoms progress.",

**"diag\_moderate\_severe"**: "Suggestions: \n\nFor individuals with moderate to severe lymphedema, comprehensive management is crucial. \n\nAdhere to a regimen that includes consistent use of compression garments, regular lymphatic drainage massages, and physical therapy exercises tailored to improve lymph flow. Maintain rigorous skin care to prevent infections and avoid cuts and burns. Monitor your condition closely and keep regular appointments with your healthcare provider to track progress and adjust treatments as needed. Limit activities that put excessive strain on the affected area and be mindful of temperature extremes. Early and proactive intervention is key to managing symptoms and improving quality of life."