

Name:

Date:

L-Dex® Value:

The LDex logo is positioned at the bottom of the page. It features the text "LDex" in a bold, blue, sans-serif font, with a registered trademark symbol (®) to its upper right. Below the text is a horizontal bar composed of three segments: grey on the left, green in the middle, and red on the right. The background of the entire page is white, adorned with several thick, expressive pink brushstrokes that sweep across the space. A prominent blue and yellow DNA double helix is located in the upper left quadrant, appearing to be part of the pink brushwork.



What is Lymphedema?

Lymphedema is a condition that can cause significant swelling of the arm or leg due to extracellular lymph fluid buildup in that part of the body. This can occur when the lymphatic system, which is responsible for draining excess fluid, is damaged as a result of cancer therapies.

What is L-Dex®?

The Lymphedema Index (L-Dex) is a measurement system that is used to aid in the assessment of unilateral lymphedema of the limb (swelling occurring in only one limb).

Why should I have an L-Dex measurement?

Lymphedema can occur anytime following cancer treatment. Most conditions occur within the first two years following surgery, but can also develop as late as 10 years following. Therefore, it is important to have regular L-Dex assessments.

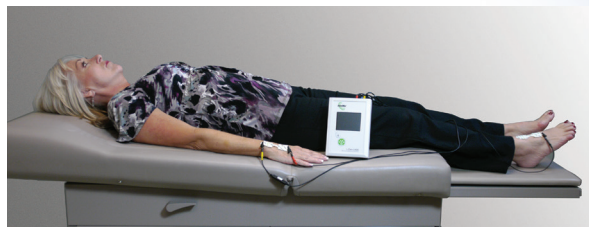
Early detection of lymphedema is critical to aid in successful treatment and reversal of the condition. L-Dex measurements are a non-invasive and sensitive method to aid in the assessment and early detection of lymphedema of the limb.^{1,2,3}

L-Dex measurements taken prior to cancer treatments, and at regular intervals subsequent to surgery, can help your physician:

- Establish a baseline for what is “normal” for you
- Assess the early stages of lymphedema^{1,2,3}
- Show you how treatment or management is progressing
- Give you peace of mind

How is L-Dex measured?

L-Dex measurements are made by passing a harmless electrical signal of very low strength through your body. Both arms or both legs will be measured during the process.



The L-Dex test is simple and painless.

How does the L-Dex system work?

The electrical signal travels through the fluid surrounding the cells which make up the muscle and tissues of the limb. The amount of this fluid increases as lymphedema develops. Increased fluid means the electrical signal will travel more easily through the limb.

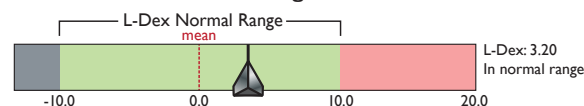
The L-Dex system compares how easily the electrical signal travels in the unaffected and affected (or at-risk) limbs and generates an L-Dex value from this comparison.

What does an L-Dex value mean?

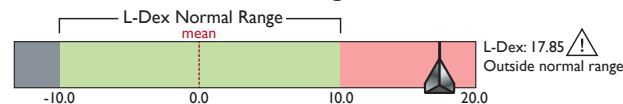
The L-Dex value indicates the difference in the amount of fluid in the unaffected and affected limbs.

L-Dex values are displayed against a normal healthy range. See diagram below.

L-Dex Within Normal Range



L-Dex Outside of Normal Range



Note: L-Dex values that lie outside the normal range may indicate the early signs of lymphedema and values that have changed +10 L-Dex units from baseline may also indicate early lymphedema. The L-Dex scale is a tool to assist in the clinical assessment of lymphedema by a medical provider.

How does the L-Dex assessment help me?

The L-Dex system is best used as a series of measurements over time. This aids the healthcare professional to:

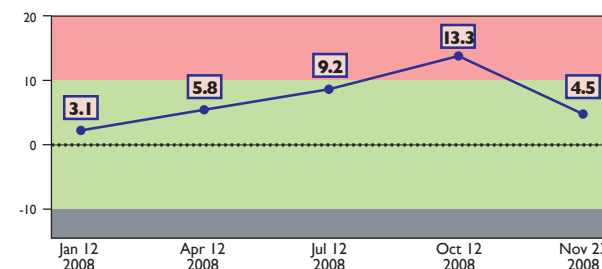
- Assess early stages of lymphedema in patients at risk of developing the condition and therefore start therapy as soon as possible
- Accurately assess the effectiveness of therapy for those who already have lymphedema

L-Dex values indicative of lymphedema should decrease as a result of effective therapy.

Preparing for your L-Dex measurement

If stockings or pantyhose are worn, prepare to remove them before the reading is taken.

Notify the clinician if there is a possibility of pregnancy, if you have a pacemaker or other implanted electronic device or any metal implants such as pins or plates in bones.



A hypothetical example of tracking a patient's L-Dex score.

REFERENCES

1. Hayes S, Cornish B, Newman B. Comparison of methods to diagnose lymphedema among breast cancer survivors: 6-month follow up. *Breast Cancer Res Treat* Feb; 89 (3):221-6, 2005.
2. Czerniec S, Kilbreath SL, Ward LC, Beith JM, Refshauge KM, Lee MJ, York S. Assessment of lymphedema using measurement tools and self-report. 7th National Lymphedema Network Conference, Nashville, USA, 2006.
3. Cornish BH, Chapman M, Hirst C, Mirolo BR, Bunce IH, Ward LC, Thomas BJ. Early Diagnosis of Lymphedema Using Multiple Frequency Bioimpedance. *Lymphology* 34, 2-11, 2001.