

LYMPHOEDEMA PREVENTION PROGRAM



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Understanding Cancer-Related Lymphoedema of the arms and legs

Cancer-related lymphoedema is a condition that can result from treatments for some cancers including:

- › Breast cancer
- › Melanoma
- › Pelvic area cancers

1 in 3 at-risk cancer patients will develop lymphoedema resulting from their cancer treatment:

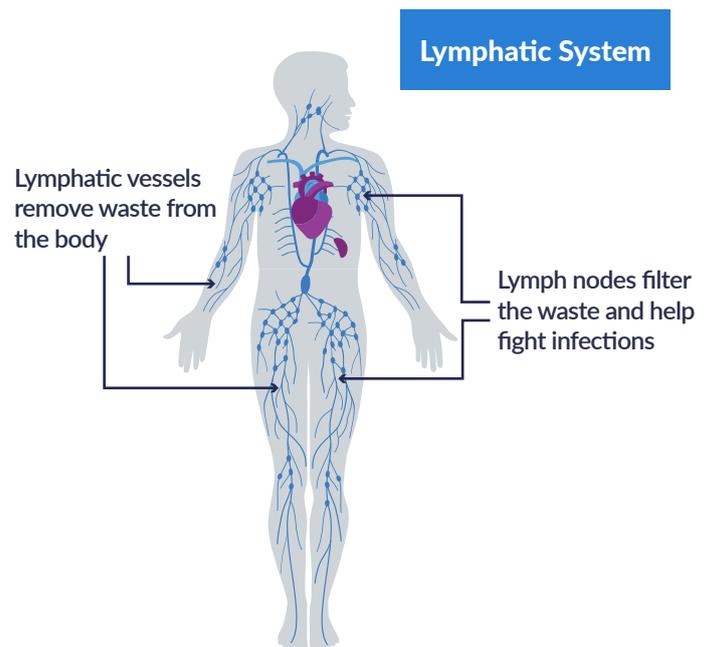
- › Surgery
- › Radiation
- › Chemotherapy

If lymphoedema is left untreated:

- › It can cause painful swelling
- › It can lead to infection
- › It can become a life-long condition

Lymphoedema Basics

The lymphatic system runs like a super highway in your body. Certain cancer treatments damage and block the lymphatic system. Lymphoedema occurs when fluid builds up due to a block in the lymphatic system.



Signs and Symptoms

It is common to have pain and swelling after surgery. After you heal from surgery, watch for the possible signs of lymphoedema:

- › Swelling in your arms, hands, fingers, legs or feet
- › A feeling of heaviness or tightness
- › Your arm, hand, leg, or foot is hard to move
- › Clothes, rings, watches, or shoes feel tight

These signs of lymphoedema may happen slowly over many months or fast. Contact your healthcare provider if you have any of these symptoms.

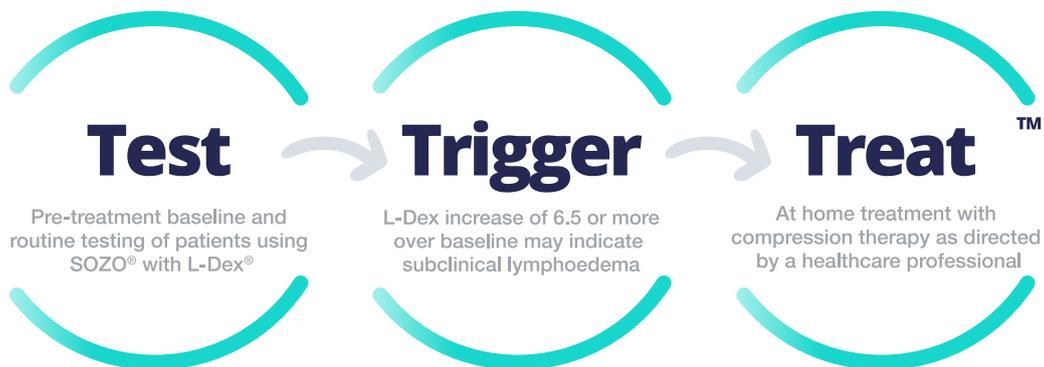
Call your doctor right away if you have signs of an infection, like redness, warmth, pain, or fever.

Lymphoedema after Cancer

Cancer-related lymphoedema of the arms and legs develops in stages. When it is caught early, before you feel symptoms, it can be treated and stopped before it gets worse and becomes a life-long condition.

STAGE 0	STAGE 1	STAGE 2	STAGE 3
Subclinical Lymphatic system is blocked, setting the stage for fluid build-up	Pitting Edema Fluid build-up causes swelling; some pitting may appear on the skin	Irreversible The affected limb becomes hard and increases in size	Elephantiasis The affected limb becomes very large and misshapen and the skin looks like leather
			

Prevention



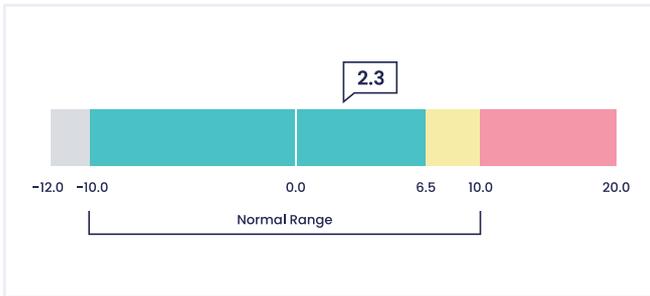
The Lymphoedema Prevention Program is designed to reduce your risk of getting life-long lymphoedema by testing you for early stages of lymphoedema with the goal of preventing it from getting worse.

L-Dex[®] Score

The L-Dex score helps your healthcare provider know if you are getting lymphoedema before you feel any signs or symptoms. It is measured using the SOZO device. This early alert allows you to take steps to stop lymphoedema from getting worse – or to avoid getting it at all.

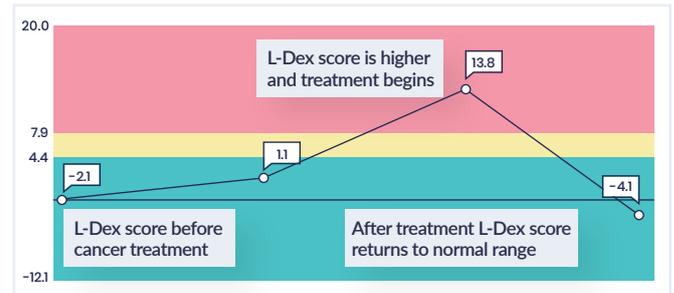
L-Dex Score Scale

A normal L-Dex score is between -10 and +10. Your L-Dex score may be measured before cancer treatment begins to figure out the normal L-Dex score for you.



L-Dex Score History

By testing your L-Dex score before and after cancer treatment, your healthcare provider can see changes that may mean you have early lymphoedema and should be treated.



SOZO[®]

The SOZO device is used to measure your L-Dex score. It looks like a scale, but it has places for you to put your hands and feet. You will not feel the SOZO test and it only takes 30 seconds to complete.

Steps for SOZO Measurement

- › Remove metal jewellery, watches, and electronic devices
- › Take off shoes and socks
- › Make sure your hands and feet are clean
- › Your healthcare provider may dampen your hands and feet with a cloth
- › Step on the SOZO device and make sure your feet touch the silver plates for feet
- › Place your hands on SOZO and make sure they are flat and touch the silver plate for hands
- › Do not move while test is running



Treatment

If your healthcare provider finds signs of early lymphoedema, they may prescribe at-home treatment that can include:

- › Wearing compression garments for 12 hours each day for 4 weeks (28 days)
- › Light stretching or self massage
- › Follow-up testing after 4 weeks

If your healthcare provider finds signs of advanced lymphoedema that cannot be treated at home, they may prescribe other treatments that can include:

- › Physical therapy
- › Compression pumps
- › Surgery

A Message from Dr. Sheri

Hello, my name is Dr. Sheri Prentiss. I once enjoyed a full life as a successful doctor raising two beautiful daughters until the moment when everything changed. October 1, 2008 I found a mass in my right breast and it was Stage 2A breast cancer. One year after treatment, I developed lymphoedema in my right arm, hand, and fingers, which stopped me from continuing to work as a doctor. At the age of 42, after 16 years of working as a doctor, I lost the career I wanted ever since I was 2 years old, and I had to completely reinvent myself. As a doctor and a patient, I understand that cancer causes a huge emotional and practical upheaval in your life and in the lives of your loved ones. You have many questions about surgery, reconstruction, and treatment. I am asking you to include lymphoedema in your conversations. There are many resources for lymphoedema education, treatment, and even prevention. I wish you all the best in your treatment and survivorship.

Summary

Lymphoedema is a risk of cancer treatment. The good news is that the more you know about it, the more you can do to prevent it. By following the steps in this book and getting tested, you can take care of yourself or your loved one. Your cancer care team wants to help you so please ask them any questions.

Additional Resources

American Cancer Survivors Cancer Survivors Network, csn.cancer.org | LIVE Today Foundation, www.live-today.org
Lymphatic Education & Research Network, lymphaticnetwork.org | National Lymphedema Network, www.lymphnet.org

References

Ridner SH, et al. A Randomized Trial Evaluating Bioimpedance Spectroscopy Versus Tape Measurement for the Prevention of Lymphedema Following Treatment for Breast Cancer: Interim Analysis. *Ann Surg Oncol* 2019; <https://doi.org/10.1245/s10434-019-07344-5>.

American Cancer Society "For people at risk of lymphedema" webpage. <https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/lymphedema/for-people-at-risk-of-lymphedema.html>. Accessed July 31, 2019.

Position Statement of the National Lymphedema Network: Lymphedema Risk Reduction Practices. www.lymphnet.org. May 2012.

SOZO Indications and Safety Information

SOZO is a medical device, intended for use under the direction of a physician for the noninvasive monitoring and management of fluid levels in patients. This includes use in patients with fluid management problems in a variety of medically accepted clinical applications, including patients at risk of lymphoedema. The SOZO device should not be used by: patients with cardiac arrhythmia with pacemakers or other implanted electronic equipment or patients undergoing external defibrillation. Pregnant Patients: while the use of bioimpedance technology in pregnant patients has been shown to have had no adverse effects, the SOZO device has yet to be clinically validated for use with that population group.