



# **L-Dex<sup>®</sup> Assessment Instructions for Use**



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For assistance with product set up please review the help videos at <https://www.impedimed.com>. For other assistance, or to report product issues, please contact ImpediMed U.S. by email at [tsu@impedimed.com](mailto:tsu@impedimed.com) or by phone at: + 877 247 0111 option 4.

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For EU Customers: All products at the end of their life may be returned to ImpediMed for recycling.

*For patent(s) and/or patent application(s) see: <https://www.impedimed.com/patents/>*

## Safety Instructions

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These symbols are provided to guide you in the use of this product safely and correctly, and to prevent risk and injury to you and others. For more safety instructions and other symbols, see User Guide, “SOZO System Instructions for Use.”

Symbol	Definition
	<b>WARNING!</b> Indicates matters in which bodily harm or material damage or incorrect measurements may arise as a result of incorrect handling.
	Follow instructions for use.
	Note

## L-Dex® for Lymphedema

### Indications for Use

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The SOZO body fluid analyzer, or SOZO device, has the following uses:

For adult human patients at risk of lymphedema:

A bioimpedance spectroscopy device for use on adult human patients, utilizing impedance ratios that are displayed as an L-Dex® ratio that supports the measurement of extracellular volume differences between the limbs, and is presented to the clinician on an L-Dex® scale as an aid to their clinical assessment of lymphedema.

The use of the device to obtain an L-Dex score is only indicated for patients who will have or who have had lymph nodes, from the axillary and/or pelvic regions, removed, damaged or irradiated.

## Instructions for Use

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Ensure that you have read and understand the instructions for use in all sections of this User Guide for setup, installation and use of the SOZOapp, and also ensure that you have read and understand the instructions for use for setup, installation and use of MySOZO and the SOZOapp in all sections of the main User Guide, LBL-525, “SOZO System Instructions for Use.” All warnings, contraindications and precautions apply. In addition, consider the following when using SOZO to take L-Dex measurements on a patient:

For a patient who cannot effectively separate their inner thighs, it may be necessary to place insulating material, such as dry clothes, between the patient’s legs. Ensure also that the patient’s upper arms and elbows are not in contact with their torso.

Prior to taking a measurement, the patient’s profile in the SOZOapp must be updated to indicate:

- Unilateral vs. bilateral: whether one arm or one leg is at risk (unilateral), or if both arms or both legs are at risk of lymphedema (bilateral);
- Body element: whether the arm(s) or leg(s) are at risk of lymphedema;
- Risk limb: whether the right or left limb is at risk of lymphedema; and
- Limb dominance: whether the left arm/right arm or left leg/right leg is dominant.



Ensure that you update the patient profile correctly to fit each patient’s needs, taking into consideration the relevant facts and circumstances related to measurement, as identified in the main User Guide, “SOZO System Instructions for Use,” since this will affect the validity of measurements. Incorrect measurements may impact the accuracy of the L-Dex calculations and may affect the L-Dex assessment based upon L-Dex calculations. For more information about making the correct selections, see instructions for use of the SOZOapp and MySOZO in the main User Guide, “SOZO System Instructions for Use.”

## The Lymphedema Index (L-Dex)

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The SOZO system displays L-Dex assessment results based upon patient measurements taken with the SOZO Device. The L-Dex assessment produces an L-Dex score, which is based on the ratio of the impedance of the unaffected limb(s) to impedance of the at-risk limb(s). Research has established a normal range of L-Dex scores in healthy patients. Normal L-Dex score ranges are presented in the L-Dex assessment results to assist with patient evaluation.

For patients at risk of unilateral lymphedema in the arm or leg, one L-Dex score will be presented for the at-risk limb. For patients at risk of bilateral lymphedema, two L-Dex scores will be presented, one for each at-risk limb.

The underlying calculations for unilateral assessments using the SOZO system have not changed from any previous L-Dex devices. The impedance of the extracellular fluid space (R0) of the unaffected limb is compared with the contralateral affected limb. Clinical data has shown this to have “excellent” accuracy when used as a clinical aid to assess unilateral fluid accumulation in the limb following cancer treatment.<sup>1</sup>



When transitioning from L-Dex devices used in a supine position to use of the SOZO system in a sitting or standing position, there may be a one-time shift in L-Dex scores. The shift has been shown to not be significant.

For assessment of patients at risk of bilateral lymphedema, where fluid accumulation occurs in both arms, or in both legs, simultaneously, the comparison of contralateral limbs is not an option. SOZO uses the R0 impedance of the unaffected ipsilateral limb, instead of the unaffected contralateral limb, for bilateral assessments of fluid increases. Clinical data also has shown that arm R0, when compared to leg R0 for the assessment of fluid accumulation, has “very good” accuracy.<sup>1</sup> For definitions of key terms and more discussion of measurement of patients at risk of bilateral lymphedema, see glossary and instructions for use in the User Guide, “SOZO System Instructions for Use.”

Note: If a unilateral patient is subsequently considered to be at risk for bilateral lymphedema and their profile has been updated, the L-Dex scores for the previously measured limb will be recalculated using this bilateral approach. This may result in a shift in previous L-Dex scores.

For a more direction on viewing L-Dex assessment results in the SOZOapp and MySOZO, consult the main User Guide, “SOZO System Instructions for Use.”

## L-Dex Assessment Results

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### L-Dex Scores

The L-Dex scale is a tool to assist in the clinical assessment of lymphedema by a medical provider. The SOZO system displays the current L-Dex score using the L-Dex scale. The L-Dex scale shows the patient's L-Dex score as either inside or outside of the normal range of L-Dex score for a healthy person.



#### ***L-Dex Scores $\leq$ -10***

*L-Dex scores equal to or less than -10 may be caused by procedural errors. A warning will be displayed stating that the measurement is out of range. Follow*

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<sup>1</sup> SOZO's L-Dex® accuracy was determined using Receiver Operating Characteristic (ROC) curve analysis. Area under the curve (AUC) scores are established using ROC curves which compare the true positive rate (Sensitivity) against the false positive rate (100 minus Specificity) for different cut-off points of a parameter. Each point on the ROC curve represents a sensitivity/specificity pair corresponding to a particular decision threshold. The area under the ROC curve (AUC) is a measure of how well a parameter can distinguish between two groups (diseased/normal). The closer the modeled AUC comes to 1, the better it is. SOZO's L-Dex® accuracy was calculated with an area under the curve (AUC) of 0.95 for unilateral assessment and 0.80 for bilateral assessment.

*the instructions for use to ascertain the accuracy of the measurements in question.*



**L-Dex Scores >10**

*L-Dex scores greater than 10 may indicate the early signs of lymphedema*



**L-Dex Scores  $\Delta \geq +6.5$**

*L-Dex scores that have changed +6.5 L-Dex units from the baseline may indicate early signs of lymphedema.*

### **Availability of L-Dex Assessment**

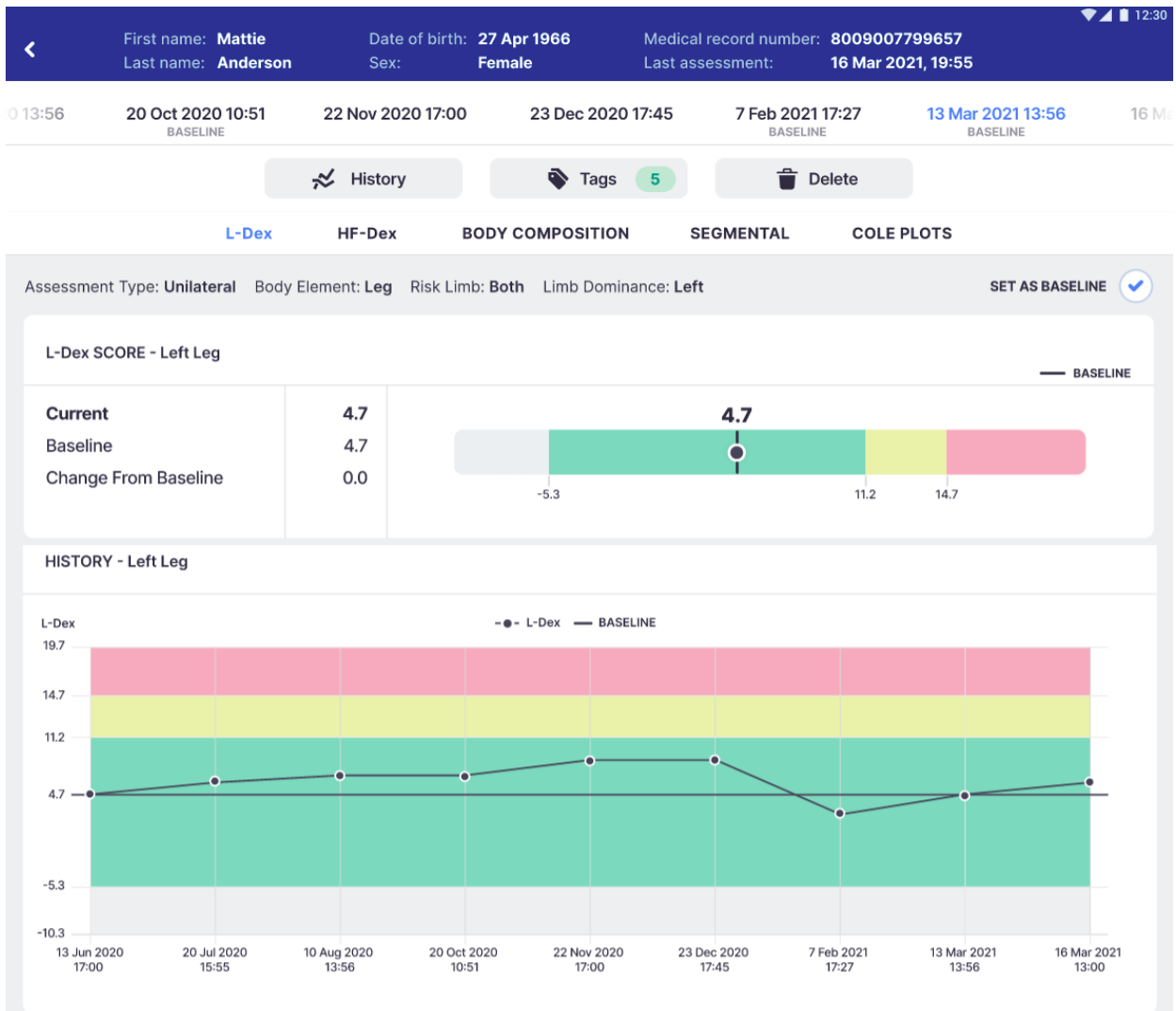
Each Assessment must have a separate license. Only Assessment types with licenses are available to the user. The available Assessment types for a given user are displayed in the SOZOapp and MySOZO. Therefore, the L-Dex Assessment and associated results displays are only available if licensed. For more information about licensing of Assessments and determining the availability of Assessments for users, see the main User Guide, “SOZO System Instructions for Use.”

### **Choosing The Proper Assessment**

It is recommended that only the most appropriate and relevant assessment is selected for each patient, taking into consideration patient diagnosis and the individual needs of the patient as determined by their health care provider.

## Example of L-Dex Results and Measurement History

After a successful measurement, the SOZOapp screen will display the results of an L-Dex measurement. In addition to the immediate results, a history of previous patient measurements is displayed in graph format, to allow comparison between current results and previous results. This shows increases or decreases in the L-Dex score over time. The same patient history information can be accessed from MySOZO through a web browser. For more about accessing MySOZO, see the main User Guide, “SOZO System Instructions for Use.”



## Setting the Baseline

Selection of a baseline – a “normal L-Dex score” for an individual patient – is the optimal way to track changes over time. To set a baseline, select the most appropriate measurement by date from the patient’s dashboard, and tap the button next to ‘set as baseline’:



Please note that if an incorrect baseline is selected, simply select the correct measurement and baseline.

For an L-Dex score, the optimal baseline is typically taken within the first few measurements taken, preferably before surgery or other intervention that could impact the lymphatic system.

When a baseline is set, the charts for normal range will reflect a -10 to +10 range around the selected baseline L-Dex score. If a baseline is not set, the range will center around an L-Dex score of 0. From this comparison, changes in patient fluid levels may be identified, and evaluated as changes which fall within normal or abnormal ranges. For the L-Dex Assessment, ranges are classified by color as below normal (gray), normal (green), and abnormal high, broken down into high (yellow) or extremely high (red).

L-Dex ranges are classified by color as baseline plus two standard deviations and minus three standard deviations (green), plus two to three standard deviations from baseline (yellow), plus three standard deviations from baseline and higher (red), and more than three standard deviations below baseline (gray).

Because each healthy person has a different starting L-Dex score, it is recommended to use a baseline prior to cancer treatment whenever possible to customize the L-Dex scale for the individual. If a patient has already begun treatment and there is no way to determine a healthy baseline, use your clinical judgment in conjunction with other assessments to select the most appropriate baseline. If a patient has already developed lymphedema and SOZO is being used to track their progress, do not set the baseline, as it will cause confusion with the modified red/yellow/green ranges.

For more information about setting the baseline for an L-Dex assessment, see the main User Guide, "SOZO System Instructions for Use."

All prior measurements with the L-Dex Assessment may be viewed in MySOZO as well. For more about accessing MySOZO, see the main User Guide, "SOZO System Instructions for Use."



## Recommended Measurement Frequency

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ImpediMed recommends the following frequency of measurements for patients at risk of lymphedema:

Pre-operative baseline

Years 1-3: Every 3 months

Years 4-5: Every 6 months

Year 6+: Annually