

# Lymphedema can't stop me from caring for my family, if I detect it early.

You can take control of your survivorship with simple, early lymphedema detection before it becomes chronic.

## Understanding Breast Cancer-Related Lymphedema of the Arms



BY TESTING YOUR L-DEX SCORE, YOUR HEALTHCARE PROVIDER CAN SEE CHANGES THAT MAY MEAN YOU HAVE EARLY LYMPHEDEMA AND SHOULD BE TREATED.

### Potential Side-Effect of Breast Cancer Treatment

Breast cancer-related lymphedema is a condition that can result from surgical, radiation, and taxane-based chemotherapy treatments.

#### Lymphedema can cause the following symptoms:

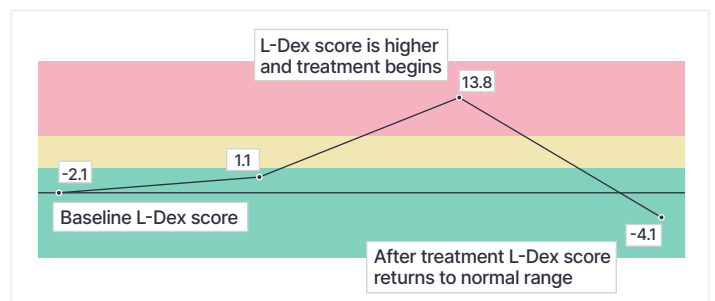
- Swelling in your arms, hands or fingers
- A feeling of heaviness or tightness
- Your arm or hand is hard to move

#### If lymphedema is left untreated:

- It can require complex treatments
- It can lead to infection
- It can become a life-long condition

### Prevention

Your clinician uses your L-Dex® score to help determine whether you have early lymphedema. If they find early lymphedema, they will provide you a personal treatment plan. By finding and treating lymphedema early, before you notice swelling, your clinician can help you avoid chronic lymphedema.



**Get Tested** >>>

You can take control of your survivorship with simple, early lymphedema detection before it becomes chronic. Your cancer care team wants to help you so please ask them any questions.

