

Lymphedema can't ruin my survivorship, if I detect it early.

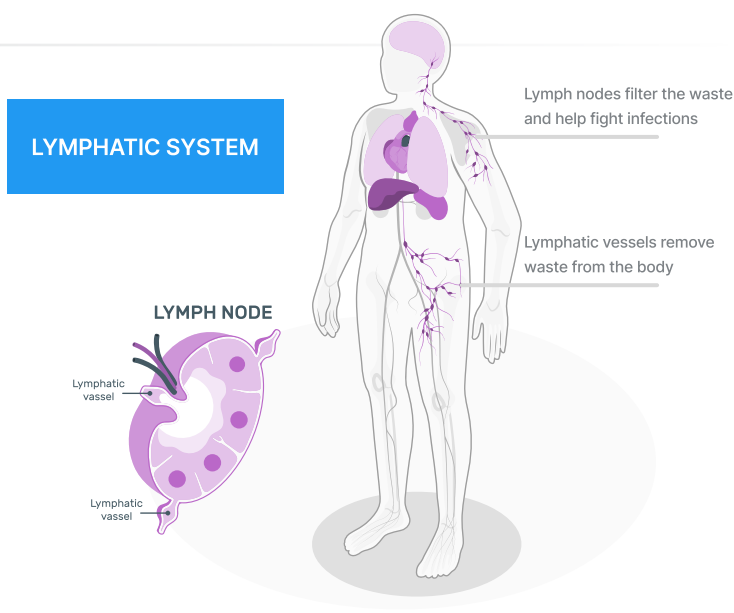
You can take control of your survivorship with simple, early lymphedema detection before it becomes chronic.



Understanding Breast Cancer-Related Lymphedema of the Arms

The Lymphatic System

The lymphatic system runs like a super highway in your body. Certain cancer treatments damage and block the lymphatic system. Lymphedema 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 lymphedema:

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








These signs of lymphedema 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.

Treatment

In most people, lymphedema starts small and gets worse over time. Treatment for early lymphedema is simple and can be done at home. When lymphedema gets worse and becomes chronic, treatments are more complex and expensive.

<p>EARLY LYMPHEDEMA TREATMENT <u>SIMPLE AT-HOME CARE</u></p>	 <p>Compression</p>	 <p>Stretching</p>	 <p>Self massage</p>
<p>CHRONIC LYMPHEDEMA TREATMENT <u>COMPLEX INTERVENTIONS</u></p>	 <p>Complex decongestive physiotherapy</p>	 <p>Surgery</p>	 <p>Hospitalizations and antibiotics for infections</p>  <p>Pneumatic pumps</p>

Preventing Chronic Breast Cancer-Related Lymphedema

Early Detection & Treatment

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 treatment.

[Your L-Dex score shows](#)

how much fluid is building up in your arm.

[Your L-Dex score may be measured](#)

before your cancer treatment begins to figure out the normal L-Dex score for you.

[Tracking your L-Dex score](#)

after cancer treatment helps your clinician find changes that may mean you are getting lymphedema and should be treated early for lymphedema.



Simple Test

The SOZO device is used to measure your L-Dex score. You will not feel the SOZO test and it only takes **30 seconds to complete**.

- Remove shoes and socks
- Place hands and feet on SOZO sensors
- Stay still during the 30-second test
- L-Dex score available immediately after test

Breast Cancer-Related Lymphedema Facts

Breast cancer-related lymphedema is a devastating side effect of breast cancer treatment.

1 in 5 breast cancer survivors will be impacted by arm lymphedema resulting from their cancer treatment¹:

- Surgery
- Radiation
- Taxane-based chemotherapy

Breast cancer-related lymphedema develops in stages. If lymphedema is left untreated:

- It can cause painful swelling
- It can lead to infection
- It can require life-long treatment



Get Tested

You can take control of your survivorship with simple, early lymphedema detection before it becomes chronic. By following the steps in this book and getting tested, you can take care of yourself and your loved ones. Your cancer care team wants to help you so please ask them any questions.



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 lymphedema 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 lymphedema in your conversations. There are many resources for lymphedema education, treatment, and even prevention. I wish you all the best in your treatment and survivorship.

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

1. Gillespie TC, et al. Breast cancer-related lymphedema: risk factors, precautionary measures, and treatments. *Gland Surg* 2018;7(4):379-403.

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 lymphedema. 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.