



# TORRANCE MEMORIAL

## CANCER SURVIVORSHIP PROGRAM

A PARTNER WITH THE UCLA-LIVESTRONG™ CENTER OF EXCELLENCE

### BREAST CANCER SURVIVOR PROGRAM LYMPHEDEMA

- Breast cancer survivors who have had surgery to remove lymph nodes in the armpit or radiation treatment to the armpit are at risk for development of lymphedema, also known as swelling of the arm on the same side as the surgery from excess accumulation of fluid.
- Sentinel lymph node biopsy has decreased but not completely eliminated the occurrence of lymphedema
- Trauma to the affected arm or over-straining the arm with exercise can increase a breast cancer survivor's risk of lymphedema
- Lymphedema can develop many years after cancer treatment.
- Untreated lymphedema can be painful, can increase the risk of infection, can interfere with normal physical functioning, and can cause alteration in body image.
- Lymphedema can be treated. Treatments can restore some mobility as well as reduce the pain and swelling in the affected arm. It is important to recognize lymphedema early and receive appropriate therapy

### MY ACTION PLAN

- Observe my arm for any swelling, signs of infection or change in sensation and report any changes promptly to my physician.
- Obtain an order from my physician for evaluation by Torrance Memorial Medical Center Rehabilitation Department lymphedema therapist, then call for an appointment (310) 325-9110, ext. 2000.
  - Establish an exercise program
- Attend Torrance Memorial Lymphedema Discussion Group. Call the Torrance Memorial Cancer Resource for dates and location (310) 517-4665.
- Contact the American Cancer Society Reach to Recovery to schedule a visit to develop an exercise plan to enhance my arm recovery after surgery.
- Talk to my doctor or nurse about how I am feeling

OTHER:

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## TO LEARN MORE:

### Lymphedema

American Cancer Society: Lymphedema: What Every Woman With Breast Cancer Should Know

<http://www.cancer.org/Treatment/TreatmentsandSideEffects/PhysicalSideEffects/Lymphedema/WhatEveryWomanwithBreastCancerShouldKnow/index>

Breastcancer.org: Arm Lymphedema

<http://www.breastcancer.org/tips/lymphedema>

National Cancer Institute: Lymphedema

[www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema](http://www.cancer.gov/cancertopics/pdq/supportivecare/lymphedema)

National Lymphedema Network

[www.lymphnet.org](http://www.lymphnet.org)

Susan G. Komen for the Cure: Questions to ask your doctor about lymphedema

<http://ww5.komen.org/BreastCancer/Lymphedema.html>

### Lymphedema Program

Torrance Memorial Rehabilitation Department. (310) 325-9119, ext. 2000

<http://www.torrancememorial.org/documents/Rehab/Lymphedema%20flyer.pdf>