

## WHAT IS

# Lymphedema?

Lymphedema is a chronic condition that impacts a number of cancer patients, especially those who have lymph nodes removed or damaged as part of their treatment. The condition is most commonly associated with breast cancer patients but can result from the treatment for other cancers.

While lymphedema can be painful, even debilitating, the condition can be managed, prevented and, in some cases, reversed.

### SYMPTOMS

The most common signs of lymphedema include:

**Pain, heat and/or redness** in the affected area

**Persistent depressions** in the skin when pressed

**A feeling of tightness** or stiffness in the skin

**Swelling**, most often in the arms, hands, fingers, shoulders, chest or legs

**Decreased movement or flexibility** in the hand, wrist or ankle

**Aching** in the neck, shoulders, spine or hips

**Untreated lymphedema can lead to decreased function and mobility in the affected area, skin breakdown, infection and other complications.**

**Tight-fitting** ring, watch, clothes or shoes

**A weakness or heavy feeling** in the arms or legs