

Body awareness

The early signs and symptoms of lymphedema are:

- Swelling
- A feeling of heaviness
- Decreased flexibility
- Aching or general discomfort
- Skin tightness
- Hardening or thickening of skin

Consult with your physician, lymphedema physical therapist or nurse if you notice any of these symptoms.

The more awareness and knowledge you have about lymphedema, the more empowered you are to reduce your risk of developing it.



Lymphedema websites:

National Lymphedema Network (NLN):

www.lymphnet.org

Lymphatic Research Foundation (LRF):

www.lymphaticresearch.org

Circle of Hope Lymphedema Foundation:

www.lymphedemacircleofhope.org

E Lymph Notes:

www.elymphnotes.org

Lymph notes:

www.lymphnotes.com

Maine Lymphedema Support Group:

www.mainelymphnet.org

Additional Website Links at: www.klosetraining.com

Contact your nearest Lymphedema

Physical Therapist:

Tel: (+974) 4439-7767 / 7898

P.O.Box 3050 Doha, Qatar

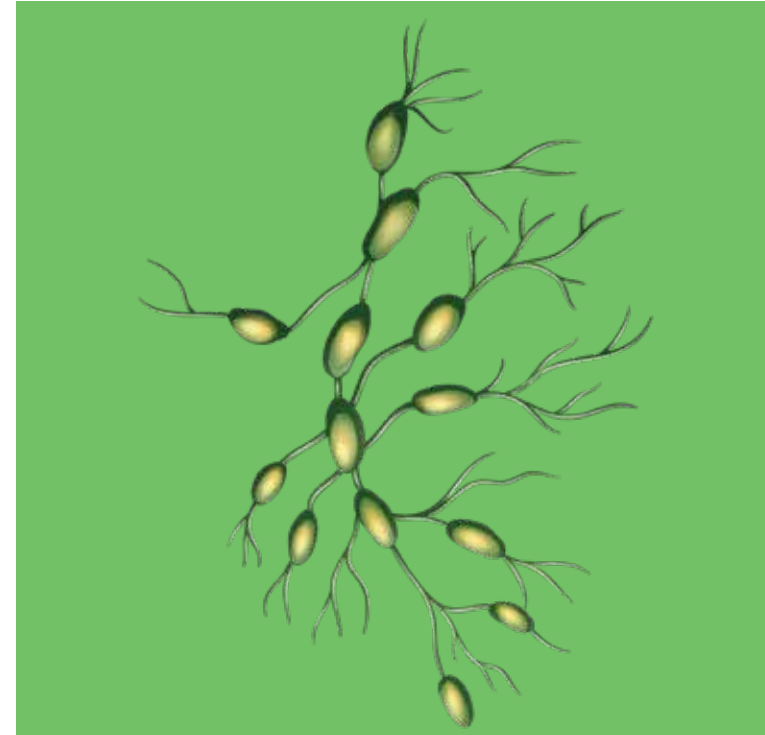
Patient and Family Education



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Lymphedema Awareness



المركز الوطني لعلاج وأبحاث السرطان
National Center for Cancer Care & Research

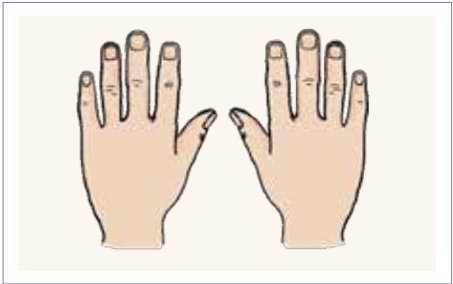
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Lymphedema Awareness

Weekly Visual Comparison

Compare your hands on a weekly basis following the visual comparison instructions. If you notice any pockets of swelling, take your measurements and compare them to your monthly and baseline measurements history. Consult your healthcare provider if your measurements have increased



Compare your hands looking for pockets of swelling between your knuckles or on the back of your hands



With your arms in the front of you, palms down, compare the contours of the lower and upper arms. Flip your hands over and compare your forearms



Bring your fingertips to rest on your shoulders. Look at your elbows in the mirror. Do they look the same?

Monthly measurements

Measure your arms as soon as possible to establish baseline measurements. Use the first two columns and record measurements of both left and right arm (for most people their dominant hand is about one to two cm larger than their non-dominant arm). Use the monthly chart to record your at risk arm. Use the same tape measure each time you measure. If you notice an increase in any of the measurement areas of more than two cm, it is suggested to contact your doctor. If you gained weight your limb girth will also change. So measure both arms again for a new baseline.

	Base left	Base right	January	February	March	April	May	June	July	August	September	October	November	December
Biceps														
Elbow														
Forearm														
Wrist														
Knuckles														

Baseline measurement date: Landmarks for my forearms and biceps