



PATIENT RESOURCES

BREAST CANCER-RELATED LYMPHEDEMA

<https://breast360.org/topics/2018/09/17/lymphedema-prevention/>

Breast cancer-related lymphedema (BCRL) is a potential side effect of breast cancer treatment. The American Society of Breast Surgeons (ASBrS) has created a set of recommendations, with the goal improving outcomes.

<https://breast360.org/news/2016/02/12/impact-ipsilateral-blood-draws-injections-blood/>

“Activities traditionally associated with increasing the risk of lymphedema **do not** appear to pose a threat. However, body mass index (BMI) greater than or equal to 25 lb/in², full axillary lymph node dissection (ALND), regional lymph node radiation (RLNR), and cellulitis are significantly associated with the development of lymphedema.”

<https://www.ncbi.nlm.nih.gov/pubmed/26644530>

The goal of this study is to investigate the impact of ipsilateral blood draws, injections, blood pressure measurements, and air travel on the risk of lymphedema for patients treated for breast Cancer

CONCLUSION: This study suggests that although cellulitis increases risk of lymphedema, ipsilateral blood draws, injections, blood pressure readings, and air travel **may not be associated with arm volume increases**. The results may help to educate clinicians and patients on post-treatment risk, prevention, and management of lymphedema.

<https://www.mskcc.org/pdf/cancer-care/patient-education/common-questions-about-breast-related-lymphedema>