

# Breast Cancer-Related Lymphedema Patient Symptom Screener

## CHECK ALL THAT APPLY

### Arm symptoms

- Arm swelling
- Arm heaviness
- Arm firmness
- Increased arm temperature
- Seroma formation (fluid buildup under the surface of the skin)
- Arm tightness
- Limited arm movement
- Tingling in affected arm
- Arm aching
- Limited fingers movement
- Limited elbow movement
- Limited wrist movement
- Limited shoulder movement
- Stiffness in the affected arm
- Burning in the affected arm
- Arm redness
- Numbness in the affected arm
- Tenderness in the affected arm
- Pain in the affected arm

Total number of reported arm symptoms: \_\_\_\_\_

### Trunk symptoms

*Note: Differences in bra fit, including indentation at bands/straps or changes in band and cup size, are common indicators of truncal swelling.*

#### Breast, chest and collarbone area:

- Swelling or puffiness
- Heaviness or fullness
- Tightness or firmness
- Dimpled hair follicles on breast; orange peel appearance

#### Side and axilla (armpit):

- Swelling or puffiness
- Heaviness or fullness
- Tightness or firmness
- Feeling of a "ball" preventing arm from resting at side
- Feeling of a cord pulling with motion

#### Shoulder and back:

- Swelling or puffiness
- Heaviness or fullness
- Tightness or firmness
- Limited range of motion
- Pain

## DIAGNOSTIC SCORING BASED ON PATIENT-REPORTED SYMPTOMS

Any of the above symptoms may indicate latent or clinical lymphedema. Statistical analysis from one study derived the following diagnostic cutoffs for clinically overt (>10% volume increase) lymphedema of the arm using patient-reported symptoms but did not consider truncal presentation:<sup>1</sup>

- **Three reported symptoms** discriminated breast cancer survivors with lymphedema from healthy women with 94% sensitivity and 97% specificity
- **Nine reported symptoms** discriminated at-risk survivors from survivors with lymphedema with 64% sensitivity and 80% specificity

Use of patient risk assessment, volumetric measures, bioimpedance spectroscopy, ultrasound tissue assessment, or other measures can be used to increase diagnostic sensitivity with fewer reported symptoms or to catch early-stage lymphedema. Early treatment is associated with better patient outcomes.<sup>2</sup>

**TO LEARN MORE ABOUT BREAST CANCER-RELATED LYMPHEDEMA AND EFFECTIVE TREATMENT SOLUTIONS, VISIT**

**[TACTILEMEDICAL.COM/BCRL](https://www.tactilemedical.com/BCRL)**

**References**

1. Fu MR, Axelrod D, Cleland CM, et al. Symptom report in detecting breast cancer-related lymphedema. *Breast Cancer* (Dove Med Press). 2015;7:345–352.
2. Koelmeyer LA, Borotkanics RJ, Alcorso J, et al. Early surveillance is associated with less incidence and severity of breast cancer–related lymphedema compared with a traditional referral model of care. *Cancer*. 2019;125(6):854–862.

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