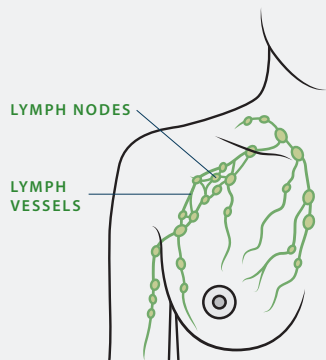


A patient guide to lymphedema after breast cancer.



Tactile
MEDICAL®

What is breast cancer-related lymphedema?



Breast cancer treatment often requires removal of lymph nodes and damage to vessels, preventing lymphatic fluid from draining. This leads to an uncomfortable buildup of fluid in the tissues of the breast, trunk, back, arm or hand.

Of breast cancer survivors, 20–40% will develop lymphedema in the arm while nearly 50% will develop lymphedema in the trunk or breast after treatment.^{1,2} While there is no cure, there are ways to manage its symptoms, enabling patients to get back to the lives they love.

SIGNS AND SYMPTOMS OF LYMPHEDEMA



Pain in chest area,
burning,
aching or tingling



Trunk/back
area swelling



Arm swelling, tightness
or heaviness with
limited movement in
shoulder/arm



Hand/finger swelling;
tight fitting
jewelry/rings

IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS, YOU MAY HAVE LYMPHEDEMA

At-home treatment options.

Untreated swelling can cause permanent damage to surrounding tissue and lymph vessels. In addition to in-clinic therapy, symptoms can be managed at home in a number of ways, including:

- Exercise
- Skin care
- Elevating the limb
- Compression sleeve or bandage to limit swelling
- Self massage
- Advanced pneumatic compression device (Flexitouch Plus)

How Flexitouch Plus helps patients with lymphedema.

The Flexitouch Plus system gives breast cancer survivors a convenient way to self-manage their lymphedema symptoms. It works by:

- Applying mild pressure to stimulate lymphatic function
- Directing fluid away from damaged areas toward healthy functioning regions of the body
- Providing a comfortable at-home solution for daily symptom relief

HOW DOES FLEXITOUCH® PLUS WORK?

Each garment contains air chambers connected to a programmable controller. When activated, these chambers sequentially inflate and deflate, creating gentle waves of pressure. Only one chamber is fully inflated at any one point in time, providing a treatment sequence and duration similar to manual therapy.



*Watch this video to see
how Flexitouch works*



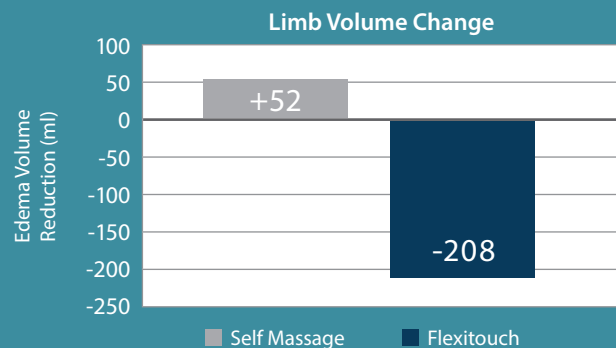
*Watch patients tell their
Flexitouch stories*

Want to know more about how you
can get the Flexitouch?
Visit tactilemedical.com/contact-us



Real clinical outcomes, real patient results.

Flexitouch is more effective than self-treatment for managing lymphedema:³



Patients report improved health and satisfaction with Flexitouch:⁴

90% of patients are satisfied with the Flexitouch

96% report ongoing usage of the Flexitouch device

95% reported maintained or reduced limb volume



"The Flexitouch ... helps me manage my lymphedema, and that makes me feel physically and emotionally more in control."

MARLENE S.

Tactile Medical is a leader in developing and marketing at-home therapies for people suffering from underserved, chronic conditions including lymphedema, lipedema, chronic venous insufficiency and chronic pulmonary disease by helping them live better and care for themselves at home.



Want more information?
Get in touch with a Tactile Medical representative here.

Individual results may vary.

Indications/contraindications: Indications, contraindications, warnings, and instructions for use can be found in the product labeling supplied with each device.

Caution: Federal (USA) law restricts these devices to sale by or on the order of a licensed healthcare practitioner.

References:

1. Bundred, N. et al, *Br.J Cancer* 2020. doi:10.1038/s41416-020-0844-4
2. Koehler, L. et al, *Phys Ther.* 2020. doi:10.1093/ptj/pzaa080
3. Wilburn, O. et al, *BMC Cancer* 2006. doi:10.1186/1471-2407-6-84
4. Ridner, S.H. et al. *Oncology Nursing Forum* 2008
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