

# 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

### 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

Kylee™ is an easy-to-use, free mobile app to help you understand chronic swelling, track and manage your symptoms and live your best life! Download Kylee today!



**Notes/additional symptoms:**

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To learn more about breast cancer-related lymphedema and effective treatment solutions, visit [tactilemedical.com/BCRL](https://tactilemedical.com/BCRL).

Please refer to the privacy policy found in the Kylee app or [tactilemedical.com/kylee](https://tactilemedical.com/kylee) for terms and conditions.

**Resources used to compile screener**

- 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.
- 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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