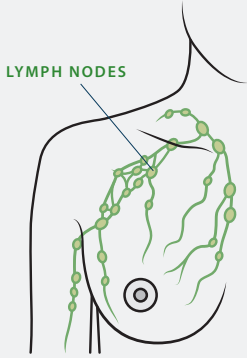


# Your guide to lymphedema after breast cancer.



**Tactile**  
MEDICAL®

# What is breast cancer-related lymphedema?



Breast cancer treatment often involves the removal or damage of lymph nodes in order to treat the cancer cells. This prevents lymphatic fluid from draining in the affected area. Left untreated, the fluid may build up in your tissues, causing swelling and discomfort. This condition is called lymphedema. These symptoms may present several months or years after treatment.

Nearly **50%** of breast cancer survivors will develop swelling in the breast or trunk, and up to **40%** will develop swelling in the arm.<sup>1,2</sup> However, there are ways to manage symptoms, allowing you to get back to your everyday joys.

## SIGNS AND SYMPTOMS OF LYMPHEDEMA



Pain, burning,  
aching or tingling



Swelling in the chest,  
armpit or back



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.

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Untreated swelling can cause further damage to your surrounding tissues and lymphatic system. In addition to in-clinic therapy, you can manage symptoms 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.

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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 the lymphatic function, an automated treatment with comprehensive coverage which closely mimics in-clinic manual lymphatic drainage
- Directing fluid away from damaged areas toward healthy functioning regions of the body
- Providing a comfortable and private at-home solution for daily symptom relief

Flexitouch Plus system with ComfortEase™ garments.



# Real clinical outcomes, real patient results.

Patients reported improved health and satisfaction with Flexitouch, and **95%** reported maintained or reduced limb volume.<sup>3</sup>



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

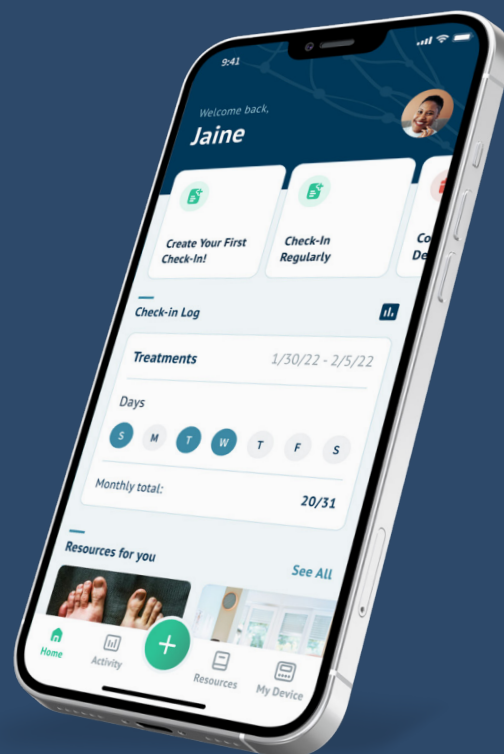
**MARLENE S.**

## Meet Kylee.™

Your personal assistant for chronic swelling.

Stay supported with Kylee, an easy-to-use mobile app that helps you:

- **LEARN** about lymphedema.
- **TRACK** your symptoms and treatments.
- **SHARE** your progress with your doctor.



## WE MAKE ORDERING EASY!

Flexitouch Plus is available by prescription only and is covered by many health plans. Once prescribed, we will work with your healthcare team and insurance provider to process your order.

To learn more, visit [tactilemedical.com](https://tactilemedical.com) or call 833.3TACTILE (833.382.2845).

## LEARN HOW TO MANAGE YOUR CONDITION FROM THE COMFORT OF HOME AT TACTILEMEDICAL.COM

Individual results may vary.

**Indications for Use:** The Flexitouch Plus system and garments for legs, arms, trunk, and chest are intended for use by medical professionals and patients who are under medical supervision, for the treatment of many conditions such as: lymphedema; primary lymphedema; post mastectomy edema; phlebotymphedema; lipedema; edema following trauma and sports injuries; post immobilization edema; venous insufficiency; reducing wound healing time; treatment and assistance in healing stasis dermatitis, venous stasis ulcers, or arterial and diabetic leg ulcers. The Flexitouch Plus system and garments for the head and neck are intended for use by medical professionals and patients who are under medical supervision for the treatment of head and neck lymphedema.

**Contraindications:** 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. Ridner, S.H. et al. *Oncology Nursing Forum* 2008 doi:10.1188/08.ONF.671-680

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[tactilemedical.com](https://tactilemedical.com)

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**MEDICAL**<sup>®</sup>  
HEALING RIGHT AT HOME

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