

Questionnaire Purpose:

Due to medical advances, approximately 2.3 million women are now survivors of breast cancer. However, as a consequence of these treatments, many patients will suffer from a secondary disease known as **Lymphedema**.

Lymphedema, the swelling of arms/chest due to **impairment of lymphatic flow**, is a disease which develops as a result of the treatment of cancer.

Breast cancer related Lymphedema is documented between 33-48 percent of patients following axillary lymph node dissection and radiation therapy and 5-14 percent after sentinel lymph node biopsy and radiation therapy.

Currently, Lymphedema is only diagnosed after arm swelling develops. At this point lymphedema has already **begun to progress towards non-reversible stages**. The aim of CORAL's screening tool is to predict the likelihood of developing Lymphedema.

Once identified, Lymphedema prevention strategies and regimens can **minimize the costs and complications** associated with the later stages of this disease.

Remember, **early detection** of Lymphedema will enable the most effective and least invasive intervention.

Lymphedema Questionnaire:

Part I.

A. Did your breast surgery include lymph node removal?

Yes No Do not know

B. Did you have sentinel node biopsy?

Yes No Do not know

C. Did you receive radiation therapy pre or post surgery?

Yes No Do not know

D. Have you had any infection in your arm on the same side as you had your breast surgery?

Yes No Do not know

E. Are you experiencing any of following symptoms in your arm/hand on the side of where you had surgery?

Pain Yes No

Stiffness Yes No

Heaviness Yes No

Swelling Yes No

F. Are you more than 20 lbs overweight?

Yes No

G. Are you 55 years or older?

Yes No

Lymphedema Questionnaire:

Part II.

A. I have a clear understanding about what causes Lymphedema?

Yes No

B. I am aware of the treatment methods and therapy options for Lymphedema?

Yes No

C. I feel confident in my knowledge regarding Lymphedema symptoms, prevention of Lymphedema, and self-care of Lymphedema.

Yes No

If you have answered **yes to more than two of the questions in Part I or no one of the questions in Part II**, please inquire for more information at our website www.coralcenters.com, or contact us at CORAL (Center for Oncological Rehabilitation and Lymphedema) at 480.614.5461.