



What is your risk of arm lymphoedema?

Arm area

Arm lymphoedema can occur after cancer treatment to the breast or armpit area.

All arm pit nodes removed

high risk

Please tick the boxes that best represent you:

Were some of your lymph nodes removed?	<input type="checkbox"/>
Did you have chemotherapy?	<input type="checkbox"/>
Did you have radiation therapy?	<input type="checkbox"/>
Is your BMI over 30?	<input type="checkbox"/>
Was excess fluid drained after surgery or did you have an infection?	<input type="checkbox"/>
Before diagnosis, did you exercise less than twice a week?	<input type="checkbox"/>

Scores

Each tick equals one point. Add up your scores and see the table below:

Total points	Level of risk
5 - 6	High risk
3 - 4	Medium risk
1 - 2	Low risk

To reduce your risk of lymphoedema, try to maintain a healthy weight, keep active and look after your skin. Please see the relevant sections for general advice on skin care, weight management and activity. Also, see the leg exercises.

Early signs that you might be developing arm lymphoedema

- Heaviness or tightness in your arm or hand
- Your clothes feeling tight or uncomfortable
- Aches or pains in your arm or hand
- Jewellery or watch feeling tight or uncomfortable

If you experience any of these symptoms, please discuss them with your doctor, nurse or physio and ask to be referred to a lymphoedema therapist.

Exercise is important in lymphoedema because moving your muscles helps to pump the fluid through your body. You should repeat these exercises 10 times and try to do them at least 3 times a day.



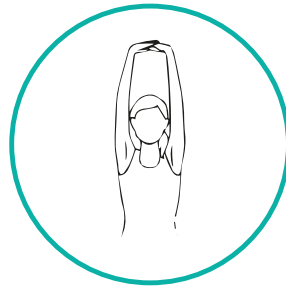
Shrug your shoulder up to your ears and back down. Repeat 10 times.



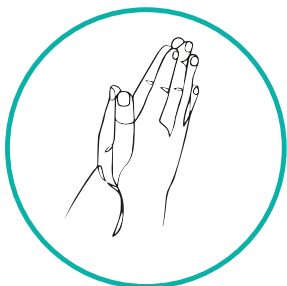
Circle your shoulders backwards 10 times. Circle your shoulders forwards 10 times.



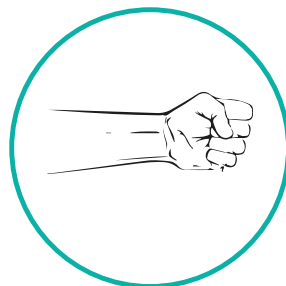
Sitting or standing, lift your affected arm up to the side, as far as you can, then relax it back down again. Repeat 10 times.



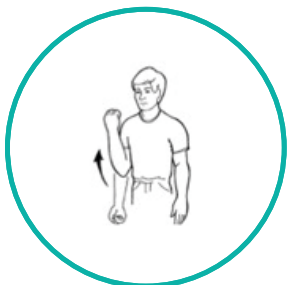
Sitting or standing, clasp your hands together. Lift your arms straight up in front of you as far as feels comfortable. Relax back down to starting position. Repeat 10 times.



Place your hands in a praying position. Push the hands forwards, extending your arms. Separate your hands and draw your elbows back. Return hands to prayer position. Repeat 10 times.



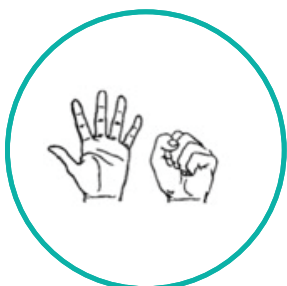
Lift your arms up in front of your chest. Slowly punch alternate arms out in front of you. Repeat 10 times.



Standing or sitting with your arm straight, bend your elbow and then straighten it. Repeat 10 times.



Bend the wrist forwards and down so your fingertips point to the floor. Raise your wrist up so your fingertips point to the ceiling. Rotate your wrist clockwise and anti-clockwise. Repeat 10 times.



Make a fist with your affected hand, slowly straighten your fingers. Repeat 10 times.