

Leg area

Leg lymphoedema can occur after cancer treatment to the groin or pelvic area.

All groin lymph 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 leg lymphoedema

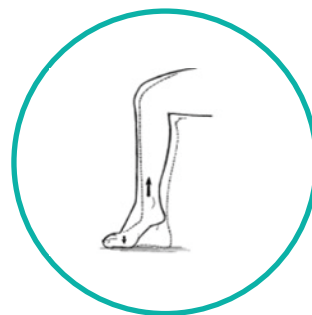
- Heaviness or tightness in your leg or foot
- Clothes or shoes not fitting well
- Aches or pains in your leg or foot

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 an important part of the treatment for lymphoedema. Moving your muscles helps to pump the fluid through your leg. You should repeat these **exercises** 10 times and try to do them at least 3 times a day.



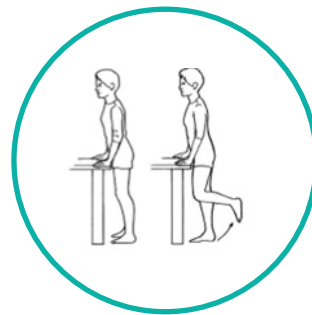
Roll your foot in a circle. Repeat in the opposite direction.



Sitting down, place your foot on the floor. Tap your heel.



Stand up and hold on to a firm surface like a table. Lift one foot off the floor as high as you can, then slowly lower it back down.



Bend your knee, lift your foot up behind you, and lower it.



Sit with your feet on the floor. Straighten and bend your knee.



Hold onto the back of a chair. Slowly bend your knees and then slowly stand back up.