LYMPHEDEMA AND BREAST CANCER

Lymphedema refers to swelling that generally occurs in one of your arms. It is most commonly caused by the removal of or damage to your lymph nodes as a part of cancer treatment. There is no cure for Lymphedema, but it can be managed with early diagnosis. Lymphedema caused by cancer treatment may not occur until months or years after treatment. **40% of breast cancer survivors will develop Lymphedema within 5 years of surgery.**

Our health information does not replace the advice of a doctor or a therapist. Please be advised that this information is made available to assist you in learning more about your health.

PREVENTION AFTER BREAST SURGERY OR RADIATION TREATMENT
If you have had lymph nodes removed or have had radiation therapy as part of cancer treatment, you may be able to avoid Lymphedema or keep it under control by following the tips below. Contact your doctor promptly if symptoms of an infection such as redness, pain or increased swelling develop in your arm or hand.

If you have had lymph nodes removed from under your arm:
- **DO NOT** have blood drawn from the arm on the side of the lymph node surgery
- **DO NOT** allow a blood pressure cuff to be placed on that arm.
- **DO NOT** allow flu shots or vaccinations on that arm.
- **IF YOUR ARE IN A HOSPITAL** make sure you notify your nurse and other hospital staff
  Not to take blood or blood pressure from the arm on the side of the lymph node surgery
- Use an electric shaver for underarms.
- Wear gloves when gardening or doing other activities that may lead to cuts.
- Use sunscreen and insect repellants when working outdoors.

KINDS OF TREATMENT
Treatment for Lymphedema includes wearing compression garments such as sleeves, proper diet and skin care, and fluid drainage. **Treatment should be done by professionals trained in Lymphedema.**

- **EXERCISE**- Light exercises that are not strenuous may encourage lymph fluid drainage.
- **WRAPPING YOUR ARM**- Bandaging your arm encourages lymph fluid to flow back toward your body. It should be tight around your fingers and loosen as it moves up your arm.
- **MASSAGE**- Manual lymphatic drainage massage may encourage the flow of lymphatic fluid.
- **PNEUMATIC COMPRESSION**- A sleeve worn over your affected arm connects to a pump that intermittently inflates the sleeve putting pressure on your arm.
**COMPRESSION GARMENTS** - Long sleeves made to compress your arm to encourage the flow of lymph fluid out of your affected arm. Wear it when exercising. Obtain a correct fit by having your arm measured by a professional.

**COMPRESSION GARMENT SUPPLIES**
Check with your insurance company to see if they will pay for compression garments before you go to a supplier. You may need a prescription from the doctor.

1. **AU NATUREL** - 839-7144  Cathy LaPiano 3915 Sheridan Drive, Amherst, N.Y. 14226
2. **BUFFALO PHARMACY** - 568-1370  6035 Transit Road, E. Amherst, N.Y. 14051
3. **RELIANT MEDICAL EQUIPMENT** - 507-4848 Bonnie Owens 4114 Union Road, Cheektowaga, N.Y. 14225
4. **SHERIDAN SURGICAL SUPPLY** - 836-8780  4515 Bailey Avenue, Amherst, N.Y. 14226

**SUPPORT GROUPS**
**SHERIDAN SURGICAL SUPPLY** - 1st Wednesday of the Month 5:45 pm-7:00 pm.
4510 Bailey Avenue –Across from Store) **Organizer: Joanne Frake** - cell-908-4149
Amherst, N.Y. 14226 (Between Sheridan & Main) Email: jmcouryfrake@yahoo.com

**PEGGY CHAPIN** - 652-9283 Knowledgeable Lymphedema Patient

**TREATMENT PROGRAMS**
**BREAST HEALTH** 632-7465 x115  Samantha Blatner, DPT
3915 Sheridan Drive
Amherst, N.Y. 14226

**BUFFALO THERAPY SERVICES**- 580-7360  Tara Garrett, MS, PT, CLT-LANA
705 Maple Road Suite 100
Williamsville, N.Y. 14221

**WITMER PARK MEDICAL CENTER** 298-2249  Beatrice Bunea, PT, DPT, CLT
One Columbia Drive Suite 5
Niagara Falls, N.Y. 14305

**ORTHOSPORTS** 839-3705  Lymphedema Rehabilitation Program
3970 Harlem Road
Amherst, N.Y. 14226

**ORTHOSPORTS** 898-0681
833 Michigan Avenue
Buffalo, N.Y. 14203

**ORTHOSPORTS** 634-1578
8637 Main Street
Williamsville, N.Y. 14221

**ROSWELL PARK CANCER INSTITUTE** – 845-3271 Lymphedema Clinic in Rehabilitation Department. Elm and Carlton Streets, Buffalo, N.Y. 14263 Only physician managed Lymphedema program in Western New York. **Open to all cancer patients including those not being treated at Roswell Park.**

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3297 Walden Avenue, Depew, NY 14043  716-706-0060  info@bcnwny.org  www.bcnwny.org
The Breast Cancer Network of WNY, Inc is a 501(c)(3) non-profit organization
Medicare and many private insurance companies policies DO NOT cover compression garments, wraps or bandages- supplies needed for compression therapy. The Lymphedema Treatment Act is a bill, currently in Congress, that aims to improve insurance coverage for compression supplies.

LYMPHATIC EDUCATION & RESEARCH NETWORK
261 Madison Avenue 9th Floor
New York, N.Y. 10016
516-625-9675
LymphaticNetwork.org

ROSWELL PARK ALLIANCE FOUNDATION 845-4444
901 Washington Streets
Buffalo, N.Y. 14263
Funds the purchase of elastic sleeves for lymphedema patients who do not have insurance coverage.

BREAST CANCER NETWORK OF WNY 706-0060 Contact Alice Gray 984-4257
Financial support for Needy to purchase Lymphedema supplies and garments.

Information developed by Advocacy Committee, Breast Cancer Network of WNY 01/2017