

Scottish
Cancer Network



BREAST CANCER SUPPORTIVE CARE

EDUCATIONAL SYMPOSIUM



LYMPHOEDEMA & BREAST CANCER

**Ellen Hardie &
Anna Carter**

Macmillan Specialist Physiotherapists
Oncology & Haematology
NHS Lothian.



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WHAT WE WILL COVER IN THIS PRESENTATION



Key messages to give patients at risk of and with lymphoedema

What to expect from specialist lymphoedema services

RISK FACTORS FOR BREAST CANCER-RELATED LYMPHOEDEMA

ANC 20-25% SNB 5%

Radiotherapy

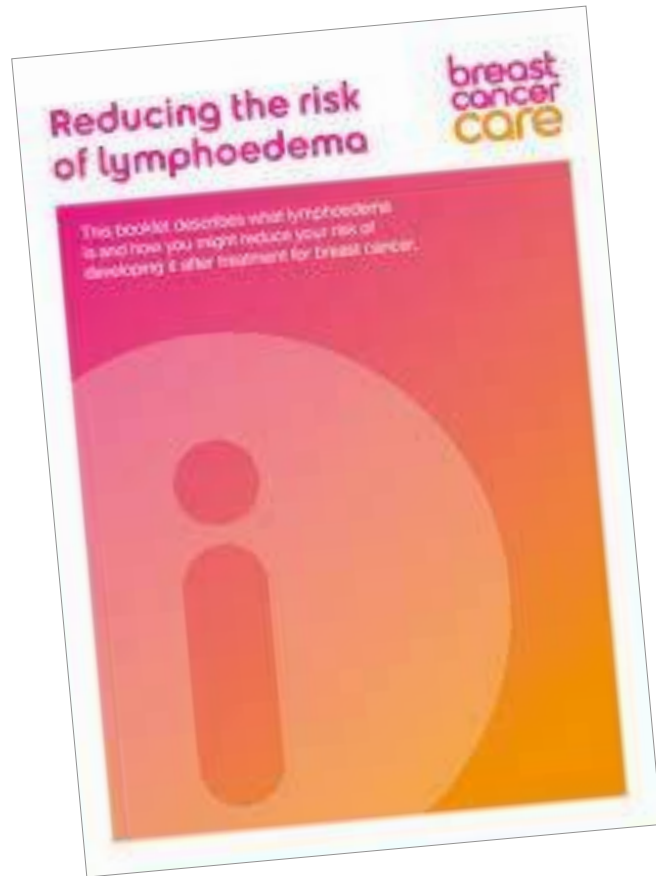
Chemotherapy

High BMI

Sedentary lifestyle



KEY ADVICE FOR THOSE AT HIGHER RISK



Do the post-operative exercises

Do maintain a healthy weight

Do regular physical activity

Look after your skin/prevent infections

FURTHER ADVICE...

Flying 

Blood pressure monitoring 

Taking blood 

Infusions/injections 

Saunas 



WHEN TO REFER TO SPECIALIST SERVICES

Early!

When oedema is not settling

Carry out investigations first e.g. to rule out DVT/disease recurrence especially with rapid onset/late presentation

Manage other issues e.g. Pain



INITIAL ASSESSMENT



Comprehensive assessment including limb volumes

Determine severity and complexity

Realistic and person-centred goal setting

4 CORNERSTONES OF LYMPHOEDEMA MANAGEMENT

Skin care

Exercise

Compression

Massage



SKIN CARE ADVICE

Moisturise regularly

Watch out for signs of infection and seek medical attention as antibiotics may be required



EXERCISE



Shoulder stretches

Active exercises

Overall activity

Wear garments if prescribed



COMPRESSION FOR ARM OEDEMA



Compression sleeves/gloves

MLLB vs Coban 2 bandaging

Velcro compression wraps

Night compression garments



COMPRESSION FOR BREAST OEDEMA

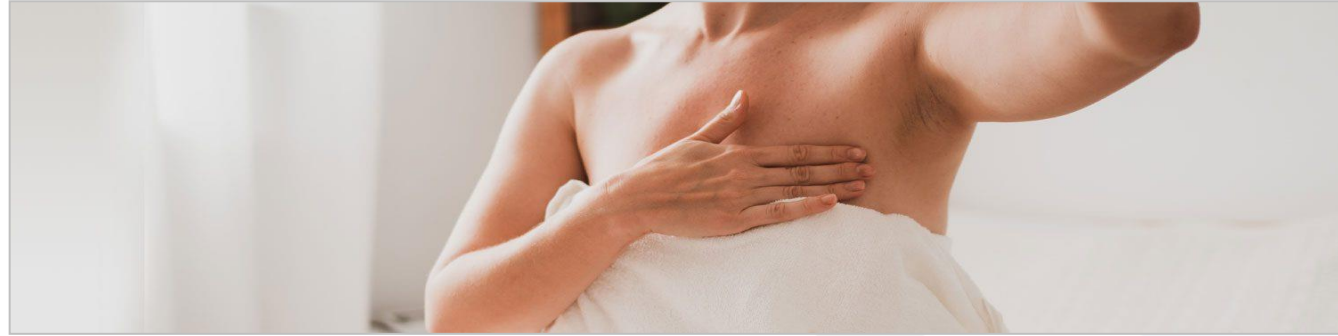


Supportive bra

Bra fitting advice

Overnight support

MASSAGE



Simple Lymphatic Drainage (SLD)

Self massage involving light strokes towards area of intact lymph nodes. Often taught to help manage breast/root of limb oedema

Manual Lymphatic Drainage (MLD)

Please don't promise! Often provided privately

MANAGING EXPECTATIONS

Avoid promising specific treatments e.g compression pumps
/MLD

Patients with brachial plexopathy/advanced disease can be
more challenging to manage

THANK YOU VERY MUCH!

Ellen Hardie & Anna Carter

0131 537 1923

ellen.hardie@nhs.scot

anna.j.carter@nhs.scot

For ECC referrals email oncologyphysiowgh@nhs.scot

Thanks to Haddenham Healthcare for providing pictures for our presentation

Questions

Scan or click the QR code to ask a question:



TOPIC:
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