Symptom Checklist - Breast Cancer-Related Lymphedema

Early treatment of lymphedema is associated with better patient outcomes. Any of the symptoms listed may mean lymphedema is present, even if it is not yet obvious.

**In the arm on the side with breast cancer, do you have** (check all that apply)

- □ Aching
- □ Burning
- □ Firmness
- □ Heaviness
- □ Numbness
- □ Pain
- □ Fluid build-up under the skin (seroma)
- □ Limited movement
- □ Limited movement at elbow
- □ Redness
- □ Stiffness
- □ Swelling
- □ Tenderness
- □ Tenderness
- □ Tightness
- □ Tingling
- □ Increased temperature
- □ Limited movement of fingers
- □ Limited movement of wrist

Total number of checked boxes: _____________

**Trunk symptoms**

It can be difficult to see swelling in this area. Look for changes in how your bra fits – is it tight? Is it causing indents it did not cause in the past?

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Breast/chest area</th>
<th>Armpit/side area</th>
<th>Shoulder/back area</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Swelling or puffiness</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Heaviness or fullness</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tightness or firmness</strong></td>
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</tbody>
</table>

**Do you have...**

- □ dimpled hair follicles on your breast?
- □ skin on your breast that looks like the outside peel of an orange?
- □ the feeling that something is preventing you from putting your arm down on your side?
- □ the feeling that something is pulling/tugging when you move?
- □ pain or limited movement in your back or shoulders?