

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)

- | | |
|---|--|
| <input type="checkbox"/> Aching | <input type="checkbox"/> Redness |
| <input type="checkbox"/> Burning | <input type="checkbox"/> Stiffness |
| <input type="checkbox"/> Firmness | <input type="checkbox"/> Swelling |
| <input type="checkbox"/> Heaviness | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Tightness |
| <input type="checkbox"/> Pain | <input type="checkbox"/> Tingling |
| <input type="checkbox"/> Fluid build-up under the skin (seroma) | <input type="checkbox"/> Increased temperature |
| <input type="checkbox"/> Limited movement | <input type="checkbox"/> Limited movement of fingers |
| <input type="checkbox"/> Limited movement at elbow | <input type="checkbox"/> 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?

	Breast/chest area	Armpit/side area	Shoulder/back area
Swelling or puffiness			
Heaviness or fullness			
Tightness or firmness			

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?