

A Patient Guide to Lymphedema

AFTER HEAD AND NECK CANCER



What is Lymphedema?

Lymphedema refers to swelling that can occur in any part of the body.

Lymphedema is commonly caused by the removal of or damage to your lymph nodes and vessels as a part of cancer treatment. It results from an interruption in your lymphatic system. This prevents lymph fluid from draining well and the fluid buildup leads to internal and external swelling.

While there is presently no cure for lymphedema, it can be managed with early diagnosis and diligent care of your affected area.

SIGNS AND SYMPTOMS IN THE HEAD AND NECK

- Dysphagia (difficulty swallowing)
- Pain, discomfort, tightness
- Scarring or fibrosis
- Reduced range of motion
- Difficulty breathing
- Internal and external swelling
- Vocal changes or difficulty speaking

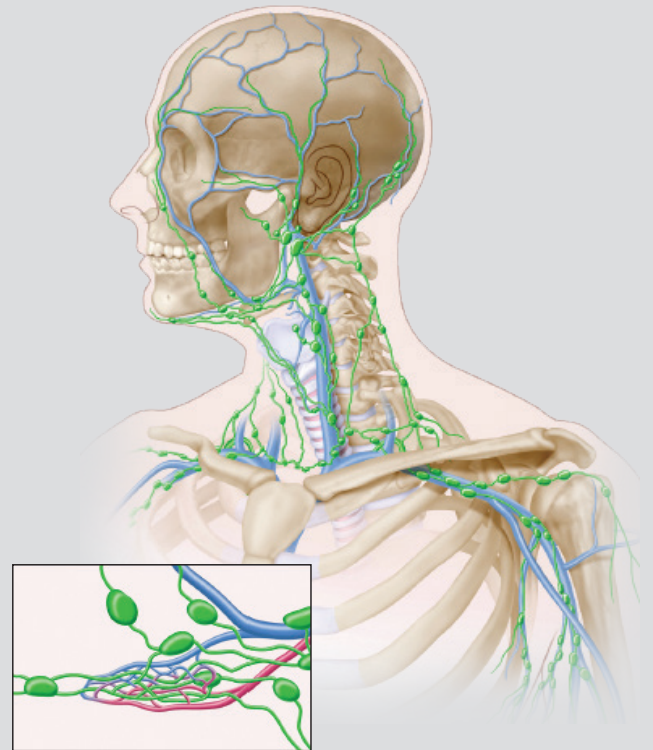
Lymphedema will occur in up to **40%** of breast cancer survivors and

90% of those with head and neck cancer

Head and Neck Lymphedema

More than one-third of the body's lymph nodes are contained in the head and neck. Surgery and radiation disrupt lymphatic function by removing lymph nodes, cutting lymph vessels and scarring lymphatic capillaries. Over 90% of head and neck cancer survivors develop lymphedema.

Impaired lymphatic drainage leads to swelling, inflammation and fibrosis of internal and external structures and surrounding tissue. These changes can impair swallowing, breathing, speaking and range of motion.



*Lymph nodes and lymphatics
in capillary beds*

Treatment Options

Lymphedema treatment is often multi-modal and may include:

- Manual lymphatic drainage (MLD) – massage by a lymphedema therapist
- Compression garments
- Swallowing exercises
- Physical exercise
- At-home pneumatic compression with the Flexitouch system

Flexitouch Plus System

The Flexitouch Plus system gives cancer survivors a comfortable and convenient way to self-manage lymphedema.

- Applies mild dynamic pressure to stimulate lymphatic function
- Directs fluid away from impaired areas toward healthy functioning regions where the fluid can be managed
- Is an at-home solution for daily management and symptom relief in only 32 minutes

FLEXITOUCH® PLUS SYSTEM



Tactile Medical is the only company that offers a pneumatic compression device for the head and neck region.



BEFORE



AFTER EIGHT MONTHS

JOHN R.

ACTUAL PATIENT RESULTS
WITH FLEXITOUCH PLUS

SEE HOW WE'RE BRINGING THE FUTURE OF HEALING HOME AT TACTILEMEDICAL.COM

Tactile Medical is a leader in developing and marketing at-home therapy devices that treat chronic swelling conditions such as lymphedema and chronic venous insufficiency. Our Mission is to help people suffering from chronic diseases live better and care for themselves at home. Our unique offerings include advanced, clinically proven pneumatic compression devices and continuity of care services provided by a national network of product specialists and trainers, reimbursement experts, patient advocates and clinicians. This combination of products and services ensures that tens of thousands of patients annually receive the at-home treatment necessary to better manage their chronic conditions. Tactile Medical is proud that our solutions help increase clinical efficacy, reduce healthcare costs and improve quality of life for patients with chronic conditions.

Individual results may vary.

Indications/contraindications: Indications, contraindications, warnings, and instructions for use can be found in the product labeling supplied with each device.

Caution: Federal (U.S.) law restricts this device to sale by or on the order of a licensed healthcare practitioner.

References:

Adams KE, Rasmussen JC, Darne C, et al. Direct evidence of lymphatic function improvement after advanced pneumatic compression device treatment of lymphedema. *Biomed Opt Express*. 2010;1(1):114–125.

Ridner, S.H., et al., A prospective Study of the Lymphedema and Fibrosis Continuum in Patients with Head and Neck Cancer. *Lymphat Res Biol*, 2016. 14(4): p. 198-205

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