



This study has been funded by a grant from Tactile Systems, Inc.

Home-Based Compression Therapy for Arm and Truncal Lymphedema in Breast Cancer Survivors-A Pilot Study

Up to one fourth of breast cancer survivors develop lymphedema as a consequence of breast cancer treatment. For many individuals, lymphedema is a serious problem. Vanderbilt is beginning a new study to see how compression therapy treatment with the FlexiTouch® System impacts symptoms and swelling in breast cancer survivors who develop lymphedema.

What is Involved?

Participants in the study will:

- Be loaned the FlexiTouch® System for home use for one month.
- Be completing a series of questionnaires before receiving the FlexiTouch® System and two times during the month they are using the device.
- Before receiving the FlexiTouch® System device, and two times during the study:
 - Have fluid volume of both arms measured with a small monitor that has leads that attach to the skin on the hands, wrists, and one foot.
 - Have their arms and chest measured with a tape measure.
- Keep a record of the days and time they use the FlexiTouch® System at home.
- Be paid \$10.00 for the each daily self-administered home treatment.

Who is eligible?

If you are a breast cancer survivor who has developed lymphedema and are not currently undergoing chemotherapy or radiation therapy, you may be eligible. You must live within 50 miles of Nashville, Tennessee, or be willing to come to Vanderbilt University School of Nursing up to three times over a four week period of time.

Are there any risks for participation?

Individuals with a history of blood clots, heart, kidney, or liver failure and individuals with pacemakers or internal defibrillators cannot be in the study. There are no known risks for the measurement of your chest or arms.

How do I find out more information?

For more information, call Sheila Ridner, PhD, RN at (615) 322-8699,
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