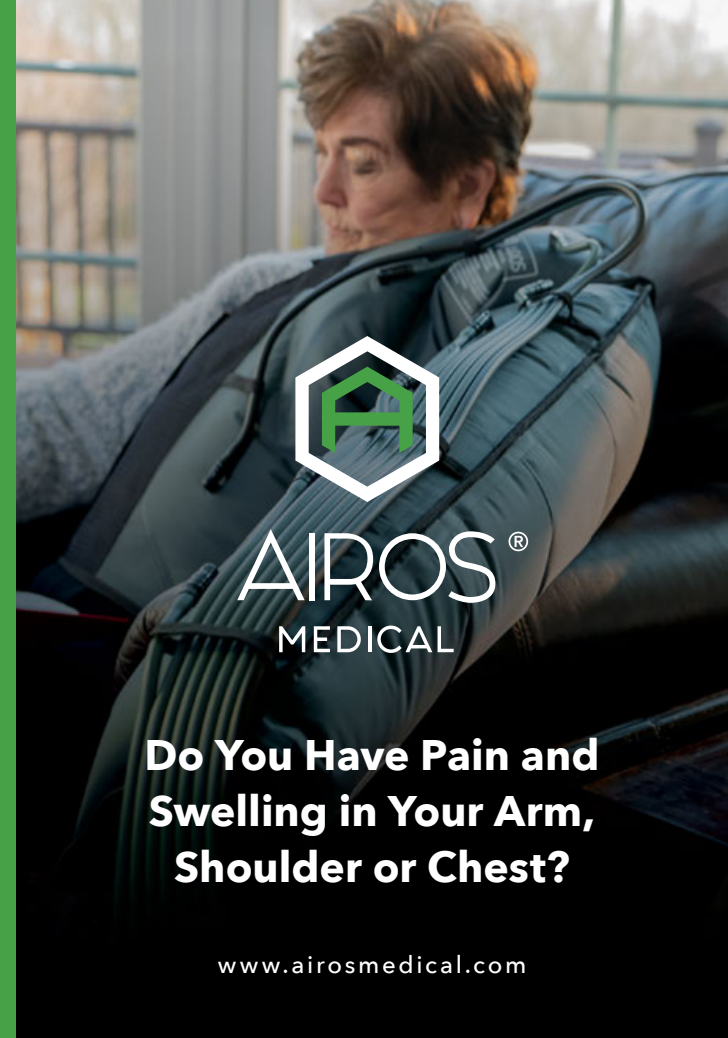




Ask Your Doctor About  
Compression Therapy Devices  
and Garments.



Do You Have Pain and  
Swelling in Your Arm,  
Shoulder or Chest?

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## About Sequential Compression Therapy Systems

### Proven Medical Technology

Compression therapy technology has been around for decades. The system includes a compression therapy device and compression garments worn on the legs. The device delivers air to the chambers in the garments. The air pressure moves fluid to increase blood flow, relieve pain and swelling, and help promote mobility.

### Personalized Care at Home

Patients can utilize compression devices and garments inside the comfort of their own homes. A highly-trained field representative sets the device pressure and timing according to their script. Customer service teams are available to answer any calls as needed.

### Covered by Insurance

Most compression therapy devices are covered by commercial insurance and Medicare. Billing experts can work with clinicians' offices to complete necessary paperwork and clinical notes.

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Compression therapy devices help patients experience relief from chronic discomfort related to lymphatic disorders, including breast cancer treatments. Ask your doctor today about in-home therapy options that can help you live more comfortably.



## What is Lymphedema?

The lymphatic system is comprised of tissues, vessels, and organs that transport lymph - a fluid containing white blood cells - throughout the body. The tonsils, adenoids, and spleen are all part of the lymphatic system, as well as hundreds of lymph nodes in the body. The lymphatic system helps rid the body of harmful bacteria, waste, and toxins, and is a critical part of the cardiovascular system.

Lymphedema can be developed when the lymphatic system becomes damaged or blocked. These disruptions can be caused by complications from cancer treatment (including radiation or lymph node removal), various types of surgeries, tumors, trauma from accidents, and other issues. Though rare, lymphedema can also be hereditary, and individuals can be born with complications of the lymphatic system.

### Symptoms of lymphedema include:

- ✓ Swelling in the arm, shoulder, chest, legs, or other areas of the body
- ✓ Pain or redness
- ✓ Feeling of tightness or aches
- ✓ Hardening or thickening of the skin (fibrosis)
- ✓ Swollen lymph nodes

Various research reports indicate that about 3-5 million people in the United States are affected by lymphedema. However, many clinicians believe that the number could actually be around 10 million, as lymphedema is highly undiagnosed due to lack of awareness, education, and information about the condition.

## Breast Cancer & Lymphedema

In the United States, approximately 266,000 new cases of breast cancer are diagnosed each year. A portion of these patients will develop lymphedema.

Sometimes, during breast cancer surgeries such as mastectomies or lumpectomies, lymph nodes in the axilla (underarm/arm pit) may be removed. They are checked to see if they contain cancer cells.

When these lymph nodes are removed, or if they are treated with radiation therapy, lymph vessels can become blocked. This prevents lymph fluid from leaving the area, and the collection of fluid in the hand, arm, chest, shoulder, that back causes pain, swelling, and discomfort is known as lymphedema.

### Additional breast cancer-related risk factors for lymphedema include:

- ✓ Radiation therapy to the axillary lymph node area
- ✓ Large number of cancerous axillary lymph nodes
- ✓ Infections after breast cancer surgery
- ✓ Obesity

Lymphedema usually develop within 3-4 years of breast cancer surgery, though it can occur later. Be sure to speak with your healthcare provider if you notice any signs or symptoms. While lymphedema is a chronic condition that cannot be cured, early treatment can reduce discomfort and prevent symptoms from getting worse.

## At-Home Treatment Options

If you are experiencing any of the signs or symptoms related to lymphedema, talk to your doctor immediately.

### Some treatment options for these complications may include:

- ✓ Exercises
- ✓ Improving diet & weight loss
- ✓ Use of compression bandages or sleeves
- ✓ Manual lymphatic drainage
- ✓ Physical therapy

If you have tried these options and are still experiencing symptoms, you may be prescribed a Sequential Compression Device.

These digitally-controlled device inflates air through hoses into garments worn on the legs. The garments inflate at a set pressure (according to your physician's script) in a specific sequence, beginning with the first chamber near the hand. As the garments inflate, fluid is moved to reduce swelling and pain over time. This therapy is known as gradient sequential compression.

### Benefits of utilizing these devices include:

- ✓ Reducing swelling
- ✓ Reducing pain
- ✓ Improving blood flow
- ✓ Improving mobility

Ask your doctor about Sequential Compression Devices to learn more about at-home therapy options.