



**Do you have breast cancer-related lymphedema that has been medically diagnosed by a lymphedema therapist or health care provider?**



**You may be eligible for a new study!**

*University of Missouri  
Sinclair School of Nursing  
Columbia, Missouri*

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**Women breast cancer survivors who have been medically diagnosed with lymphedema and prescribed a self-management regimen by a lymphedema therapist are eligible to participate in this study.**

**If you enroll:**

- You will have your height and weight measured\*
- Both arms will be measured with a tape measure\*
- Both arms will be measured using an infra-red light (perometry)\*
- You will be asked to answer questions about lymphedema and managing symptoms (beginning and end of study)
- You will be asked to complete a self-management treatment diary (beginning and end of the study) Upon receipt of the second treatment diary and questionnaires, you will be given a \$20 gift card in appreciation for your participation.

\*There is one on-site visit at the beginning of the study. One group will receive a brochure and one group will receive a brochure **and** attend a one-time interactive theatre performance. After the study has ended, there will be one performance to which everyone will be invited!

These activities will take place at the MU School of Nursing lymphedema research lab Mizzou North Campus (formerly Ellis Fischel Cancer Center) and a community center.

**If interested, please email: [leresearch@missouri.edu](mailto:leresearch@missouri.edu)  
Type the words “Theatre Study” in the subject line or  
contact Pamela Ostby, PhD(c), RN, OCN®  
@ 314/255-6677**

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**Pamela Ostby, PhD (c), RN, OCN®, Principal Investigator/Doctoral Nursing Candidate  
MU Sinclair School of Nursing at Mizzou North Campus  
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**For questions about the breast cancer survivorship program of research, you  
may contact Dr. Jane Armer at [armer@missouri.edu](mailto:armer@missouri.edu) or call (573)884-3249.**