

Useful Links and articles from Maureen McBeth's Webinar 4/8/2020

Read this first:

Bolette S Rafn, Margaret L McNeely, Pat G Camp, Julie Midtgaard, Kristin L Campbell, Self-Measured Arm Circumference in Women With Breast Cancer Is Reliable and Valid, *Physical Therapy*, Volume 99, Issue 2, February 2019, Pages 240–253, <https://doi.org/10.1093/ptj/pzy117>

The April 2012 *Cancer* journal supplement:

Stout, N.L., Binkley, J.M., Schmitz, K.H., Andrews, K., Hayes, S.C., Campbell, K.L., McNeely, M.L., Soballe, P.W., Berger, A.M., Cheville, A.L., Fabian, C., Gerber, L.H., Harris, S.R., Johansson, K., Pusic, A.L., Prosnitz, R.G. and Smith, R.A. (2012), A prospective surveillance model for rehabilitation for women with breast cancer. *Cancer*, 118: 2191-2200. doi:[10.1002/cncr.27476](https://doi.org/10.1002/cncr.27476)

<https://acsjournals.onlinelibrary.wiley.com/toc/10970142/2012/118/S8>

Quote about lymphatic and disease found in article by:

Mortimer, P. S., Rockson, S. G. (2014) New Developments in Clinical Aspects of Lymphedema Disease. *Journal of Clinical Investigation*. March 2014; 124(3): 915-921.

COVID-19 Cancer Treatment Guidelines/Triage:

American College of Surgeons

<https://www.facs.org/covid-19/clinical-guidance/elective-case>

The American Society of Breast Surgeons – executive summary on treatment

https://www.breastsurgeons.org/docs/news/The_COVID-19_Pandemic_Breast_Cancer_Consortium_Recommendations_EXECUTIVE_SUMMARY.pdf?01

https://www.breastsurgeons.org/docs/statements/ASBrS%20NAPBC%20CoC%20NCCN%20ACR%20BC%20Covid%20MANUSCRIPT%20BCRT%20Rev1-4_7_2020%20_1022amEST.pdf

ASPS Statement on Breast Reconstruction in the face of COVID-19 Pandemic

<https://www.plasticsurgery.org/documents/medical-professionals/COVID19-Breast-Reconstruction-Statement.pdf>

Oncology Nurses Society - ONS Guidelines during COVID-19

<https://www.ons.org/covid-19-interim-guidelines?ref=HC&ref=HP>

E-Visit vs. Teleheath FAQs from APTA:

<http://www.apta.org/PTinMotion/News/2020/03/18/E-VisitFAQs/>

Abhijit Naskar – inspiring words:
<http://naskarism.wordpress.com/>

Physiotherapy Canada Journal - Guest Editorial:

<https://utpjournals.press/doi/pdf/10.3138/ptc-2020-0019>

Fall Prevention:

<https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/>

Articles Cited in presentation:

Shih YC, Xu Y, Cormier JN, Giordano S, Ridner SH, Buchholz TA, Perkins GH, Elting LS. Incidence, treatment costs, and complications of lymphedema after breast cancer among women of working age: a 2-year follow-up study *J Clin Oncol*. 2009 Apr 20; 27(12):2007-14. Epub 2009 Mar 16.

Dean LT, Ransome Y, Frasso-Jaramillo L, et al. Drivers of cost differences between US breast cancer survivors with or without lymphedema. *J Cancer Surviv*. 2019;13(5):804–814. doi:10.1007/s11764-019-00799-1

Dean LT, Moss SL, Ransome Y, et al. "It still affects our economic situation": long-term economic burden of breast cancer and lymphedema. *Support Care Cancer*. 2019;27(5):1697–1708. doi:10.1007/s00520-018-4418-4

<http://drdeanlab.com/>

Boyages J, Xu Y, Kalfa S, et al. Financial cost of lymphedema borne by women with breast cancer. *Psychooncology*. 2017;26(6):849–855. doi:10.1002/pon.4239

Stout NL, Pflazer LA, Springer B, et al. Breast cancer-related lymphedema: comparing direct costs of a prospective surveillance model and a traditional model of care. *Phys Ther*. 2012;92(1):152–163. doi:10.2522/ptj.20100167

Cheville AL, Tchou J. Barriers to rehabilitation following surgery for primary breast cancer. *J Surg Oncol*. 2007; 95: 409-418

Sun F, et al. (2016) The need for preoperative baseline arm measurement to accurately quantify breast cancer-related lymphedema. *Breast Cancer Res Treat*. 2016 Jun;157(2):229-240. Doi: 10.1007/s10549-016-3821-0.

Yuan et al. Modulation of immunity by lymphatic dysfunction in lymphedema. *Front. Immunol*. 10:76, 2019.

Karaca-Mandic, P. et al. (2015) The Cutaneous, Net Clinical, and Health Economic Benefits of Advanced Pneumatic Compression Devices in Patients with Lymphedema. *JAMA – Dermatology*, Oct. 2015.

Blumberg et al. (2015) Pneumatic Compression Improves Quality of Life in Patients with Lower-Extremity Lymphedema. *Annals of Vascular Surgery*, Nov. 2015.

Schmitz KH, Speck RM, Rye SA, DiSipio T, Hayes SC. Prevalence of breast cancer treatment sequelae over 6 years of follow-up: the Pulling Through Study. *Cancer*. 2012;118(8 Suppl):2217–2225. doi:10.1002/cncr.27474

Organizations & quoted material cited:

APTA Code of Ethics

http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Ethics/CodeofEthics.pdf

NCCN – National Comprehensive Cancer Network

<https://jncn.org/view/journals/jncn/aop/article-10.6004-jncn.2020.7560/article-10.6004-jncn.2020.7560.xml>

LE&RN Lymphatic Research & Education Network

<https://lymphaticnetwork.org/>

<https://twitter.com/LymphaticNet>

Lymphedema Treatment Act

<https://lymphedematreatmentact.org/>

Thomas Goetz YouTube video – self-efficacy

<https://www.youtube.com/watch?v=bCGIWQnzDVE>

Exercise:

Blanchard CM, Courneya KS, Stein K. Cancer survivors' adherence to lifestyle behavior recommendations and associations with health-related quality of life: results from the American Cancer Society's SCS-II. *J Clin Oncol*. 2008; **26**: 2198-2204.

Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable. *Med Sci Sports Exerc*. 2019;51(11):2375–2390. doi:10.1249/MSS.0000000000002116

Schmitz KH, Campbell AM, Stuver MM, et al. Exercise is medicine in oncology: Engaging clinicians to help patients move through cancer. *CA Cancer J Clin*. 2019;69(6):468–484. doi:10.3322/caac.21579

CA Cancer J Clin. 2019 Nov;69(6):468-484. doi: 10.3322/caac.21579. Epub 2019 Oct 16. PMID: 31617590

ACSM Exercise Guidelines Infographic link:

https://www.acsm.org/docs/default-source/files-for-resource-library/exercise-guidelines-cancer-infographic.pdf?sfvrsn=c48d8d86_4

Optimal LymphFlow – Dr. Mei Fu

Chiang AT, Chen Q, Wang Y, Fu MR. Kinect-Based In-Home Exercise System for Lymphatic Health and Lymphedema Intervention. *IEEE J Transl Eng Health Med*. 2018;6:4100313. Published 2018 Oct 12. doi:10.1109/JTEHM.2018.2859992

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6237707/table/table5/?report=objectonly>

Progression of BCRL research & Prospective Surveillance

Armer JM, Radina ME, Porock D, Culbertson SD. Predicting breast cancer-related lymphedema using self-reported symptoms. *Nurs Res*. 2003;52(6):370–379. doi:10.1097/00006199-200311000-00004

Stout et al. Preoperative assessment enables the early diagnosis and successful treatment of lymphedema. *Cancer*. 2008; 112(12):2809-2819.

Springer BA, Levy E, McGarvey C, et al. Pre-operative assessment enables early diagnosis and recovery of shoulder function in patients with breast cancer. *Breast Cancer Res Treat*. 2010;120(1):135–147. doi:10.1007/s10549-009-0710-9

Soran A, Ozmen T, McGuire KP, Diego EJ, McAuliffe PF, Bonaventura M, Ahrendt GM, DeGore L, Johnson R The importance of detection of subclinical lymphedema for the prevention of breast cancer-related clinical lymphedema after axillary lymph node dissection; a prospective observational study. *Lymphat Res Biol*. 2014 Dec; 12(4):289-94.

Fu MR, Axelrod D, Cleland CM, et al. Symptom report in detecting breast cancer-related lymphedema. *Breast Cancer (Dove Med Press)*. 2015;7:345–352. Published 2015 Oct 15. doi:10.2147/BCTT.S87854

Fu MR, Wang Y, Li C, et al. Machine learning for detection of lymphedema among breast cancer survivors. *Mhealth*. 2018;4:17. Published 2018 May 29. doi:10.21037/mhealth.2018.04.02

Rupp J, Hadamitzky C, Henkenberens C, Christiansen H, Steinmann D, Bruns F. Frequency and risk factors for arm lymphedema after multimodal breast-conserving treatment of nodal positive breast Cancer - a long-term observation. *Radiat Oncol*. 2019;14(1):39. Published 2019 Mar 7. doi:10.1186/s13014-019-1243-y

Koelmeyer LA, Borotkanics RJ, Alcorso J, et al. Early surveillance is associated with less incidence and severity of breast cancer-related lymphedema compared with a traditional referral model of care. *Cancer*. 2019;125(6):854–862. doi:10.1002/cncr.31873

Kilgore LJ, Korentager SS, Hangge AN, Amin AL, Balanoff CR, Larson KE, Mitchell MP, Chen JG, Burgen E, Khan QJ, et al. Reducing Breast Cancer-Related Lymphedema (BCRL) Through Prospective Surveillance Monitoring Using Bioimpedance Spectroscopy (BIS) and Patient Directed Self-Interventions *Ann Surg Oncol*. 2018 Oct; 25(10):2948-2952. Epub 2018 Jul 9.

Ridner SH, Dietrich MS, Cowher MS, et al. A Randomized Trial Evaluating Bioimpedance Spectroscopy Versus Tape Measurement for the Prevention of Lymphedema Following Treatment for Breast Cancer: Interim Analysis. *Ann Surg Oncol*. 2019;26(10):3250–3259. doi:10.1245/s10434-019-07344-5

Whitworth, PW, Cooper, A. Reducing chronic breast cancer-related lymphedema utilizing a program of prospective surveillance with bioimpedance spectroscopy. *Breast J.* 2018; 24: 62– 65. <https://doi.org/10.1111/tbj.12939>

Gillespie TC, Sayegh HE, Brunelle CL, Daniell KM, Taghian AG. Breast cancer-related lymphedema: risk factors, precautionary measures, and treatments. *Gland Surg.* 2018;7(4):379–403.
doi:10.21037/gs.2017.11.04