

## Flare-Up Symptoms

If a program participant experiences any of the symptoms below for a week or longer, they should be evaluated by a Certified Lymphedema Therapist (CLT) for possible lymphedema onset or flare-up. The CLT would preferably be the same one that did the participant's initial evaluation.

**This list\* is *not* comprehensive; if there are other differences in size, color, or sensation between the affected and unaffected limb, the participant should also be evaluated.**

Flare-up symptoms:

1. Clothing and/or jewelry is uncharacteristically tight.
2. One side is puffy compared to the other.
3. There is obscuration of anatomical architecture (i.e., can't see the veins and/or the knuckles on one side or the skin feels different on one side than the other).
4. Hand or arm feels tired, thick, or heavy on one side.
5. Pain in the hand or arm on one side.
6. Indentations in the skin on one side when participant leans on something.
7. After exercise, hand or arm swells on one side more than the other.
8. Difficulty with fine-motor activities such as writing.
9. Some other difference noted.

\* The list above is drawn from Sandra Norman's Lymphedema Survey, developed at the University of Pennsylvania.