

Early intervention is key.

Lymphedema often starts proximally, so watch for symptoms near the treatment area, and ask your patients if they are experiencing any of these symptoms:

Abdominal area	<input type="checkbox"/> Heaviness in abdomen	<input type="checkbox"/> Persistent bloating
	<input type="checkbox"/> Firmness across abdomen	<input type="checkbox"/> Tingling/numbness in abdomen
	<input type="checkbox"/> Underwear band fitting tighter	<input type="checkbox"/> Pitting across waistband
Genital/trunk area	<input type="checkbox"/> Bowel/bladder dysfunction	<input type="checkbox"/> Sexual dysfunction
	<input type="checkbox"/> Vaginal/vulvar/scrotal swelling	<input type="checkbox"/> Vulvar/genital fullness/heaviness
	<input type="checkbox"/> Vulvar pressure	<input type="checkbox"/> Sensation of sitting on something
Legs	<input type="checkbox"/> Heaviness in thighs/legs	<input type="checkbox"/> Tingling/numbness in thighs/legs
	<input type="checkbox"/> Tightness in thighs/legs	<input type="checkbox"/> Aching in thighs/legs
Skin	<input type="checkbox"/> Skin firmness/tissue changes	<input type="checkbox"/> Rash/skin irritation inner thigh up to stomach

Lymphedema can negatively impact physical activity and cause long-term issues for sexuality, and bladder and bowel function. The financial burden of treatments also makes these patients more likely to experience episodes of depression and anxiety.⁴

Who is at risk?

When combined with known patient risk factors, you can reliably diagnose lymphedema based on patient-reported symptoms, clinical signs, or through volumetric measures if you have pretreatment measurements available.⁵

Risk factors for lymphedema include:

- Overweight (BMI \geq 25kg/m²)
- Number of lymph nodes removed
- Radiation therapy after surgery
- Chemotherapy
- Low physical activity

Long-term surveillance is key.

In some cases, symptoms may appear long after treatment has concluded. In one study, more than half of gynecological cancer patients did not develop lower extremity lymphedema until five years after treatment.⁶

Do not wait until lymphedema moves to the lower extremities.

Download our symptom screeners to help patients identify their chronic swelling.



Gynecological lymphedema screener



Prostate lymphedema screener

TACTILE MEDICAL

Tactile Medical is committed to improving your patients' quality of life, which shows in our end-to-end customer support. Only we provide a national network of Patient Education Consultants to ensure effective at-home product use, patient advocates to streamline insurance claims, and a local representative to assist with your needs.

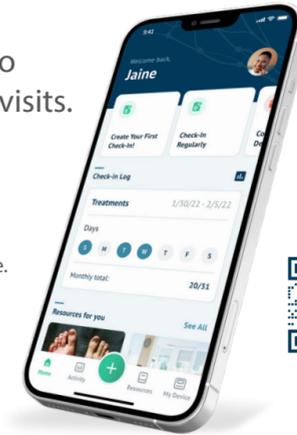
SEE HOW WE'RE BRINGING THE FUTURE OF HEALING HOME AT
TACTILEMEDICAL.COM

Kylee™ allows your patients to share their progress during visits.

With Kylee, your patients can:

- **LEARN** about lymphedema.
- **TRACK** key metrics.
- **SHARE** photos, measurements, and more.

Encourage your patients to download Kylee today.



Individual results may vary.

Indications/contraindications: Indications, contraindications, warnings, and instructions for use can be found in the product labeling supplied with each device.

Caution: Federal (U.S.) law restricts this device to sale by or on the order of a licensed healthcare practitioner.

References:

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5. Executive Committee of the International Society of Lymphology. "The diagnosis and treatment of peripheral lymphedema: 2020 Consensus Document of the International Society of Lymphology." *Lymphology* vol. 53,1 (2020): 3–19.
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HEALING RIGHT AT HOME

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Supporting your patients with pelvic cancer-related lymphedema.

How to identify patients, assess risk, and improve lymphedema-related outcomes.



Tactile
MEDICAL®

Pelvic cancer treatment may cause swelling and other symptoms.

Nearly half a million people are diagnosed with pelvic cancers every year in the U.S.

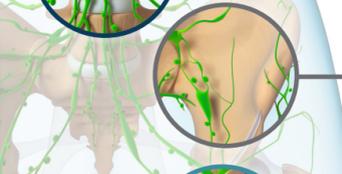
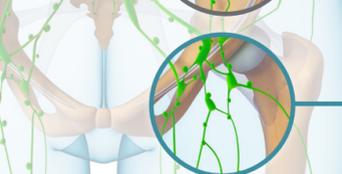
These cancers and their treatments, such as surgery and radiation, may affect the lumbar/para-aortic nodes, pelvic nodes, and inguinal nodes, which can impair the lymphatic system and cause lymphedema.

Lymphedema is a buildup of extracellular fluid comprised primarily of protein, cellular debris, and other molecules in the interstitium. This buildup causes swelling and inflammation in the affected region. Lymphedema is not only uncomfortable, but can lead to a lower quality of life and greater healthcare costs.

Lymphedema is progressive and if left untreated can lead to permanent damage to surrounding tissue and lymph vessels.

Lymphedema prevalence.

Prevalence of pelvic swelling varies depending on the cancer type, treatment, as well as how lymphedema is diagnosed and measured.

	LYMPH NODES AFFECTED	CANCER TYPE	LYMPHEDEMA INCIDENCE RATE ^{1,2,3}
	Lumbar/Para-aortic	Uterine/Endometrial	1% – 47%
		Ovarian	5% – 41%
	Pelvic	Cervical	0% – 81%
		Prostate	0% – 20+%
		Colorectal	31%
	Inguinal	Vulvar/Vaginal	30% – 70%

Consider combined therapy for comprehensive lymphedema treatment.

The National Comprehensive Cancer Network Survivorship Guidelines⁷ and expert consensus on lymphedema recommend treating lymphedema early with in-clinic therapy and to consider pneumatic compression for ongoing home management. This referral combination provides the patient consistent care to help prevent disease progression.

NEXT STEP FOR IN-CLINIC THERAPY: Refer to Lymphedema Therapist

A trained therapist will provide education and individualized therapy to reduce pain, improve function, and reduce swelling through manual lymph drainage and multilayer bandaging, if needed.



NEXT STEP FOR AT-HOME TREATMENT: Refer to Tactile Medical

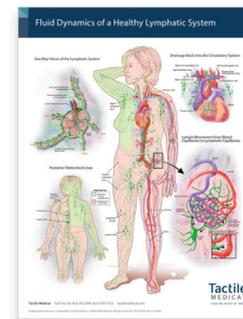
Convenient at-home treatment from the Nimbl™ or Flexitouch® Plus pneumatic compression system will enable effective daily treatment at home for ongoing symptom management.



Resources to support your patients and your practice.

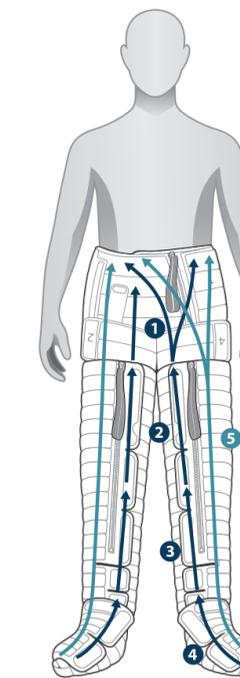


Order patient education and practice resources.

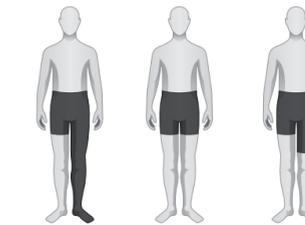


Flexitouch Plus advanced pneumatic compression.

The Flexitouch Plus system is a programmable (advanced) pneumatic compression device that is clinically proven⁸ to stimulate the lymphatic system. Our ComfortEase garments sequentially inflate and deflate, creating a gentle wave-like application of pressure to stimulate the movement of lymphatic fluid and direct it toward properly functioning areas of the body.



- 1 Trunk:** directs fluid from the groin toward the waist; cycle repeats
- 2 Thigh:** directs fluid from the knee toward the top of the thigh; cycle repeats
- 3 Calf:** directs fluid from the ankle toward the knee; cycle repeats
- 4 Foot:** directs fluid from the foot toward the ankle; cycle repeats
- 5 Full Leg and Core:** directs fluid from the toes to the waist in one continuous motion; cycle repeats



Additional customized treatment options available.

Flexitouch Plus offers clinically proven at-home relief.

Health plans show improved outcomes and reduced costs for cancer-related lymphedema:⁹

- 79% reduction in cellulitis episodes
- 29% reduction in outpatient visits
- 19% reduction in the rate of hospitalizations
- 37% reduction in lymphedema-related costs

Patients report improved health and high satisfaction:¹⁰

- All physical and mental health scores improved (P<0.001)
- 90% patient satisfaction
- 96% ongoing usage
- 95% maintained or reduced limb volume



Prescribing Flexitouch Plus is easy.

Once you've submitted a referral, the Tactile Medical team will take it from there. Learn more about prescribing Flexitouch therapy.