

## **Prospective Surveillance for Patients at Risk of Breast Cancer-related Lymphedema: Limb volume, function and quality of life results**

### Description of Talk:

Breast cancer-related lymphedema (LE) is a debilitating effect of treatment. Few LE risk-reduction studies have been conducted in women receiving axillary node dissection for breast cancer treatment. The LEAP study, conducted in the National Cancer Institute clinical trials network (CALGB 70305 – Alliance), tested an education plus sleeve compression/exercise intervention compared to education-only. Outcomes included change in arm volume measurements, quality of life (QoL), and range of motion (ROM) by 18 months after baseline. A total of 554 women were randomized based on the assignment of their treating institution. No differences in limb volume or QoL were found; however, ROM returned faster in the intervention group, perhaps due to early referral to physical therapy. Black women reported greater impacts on QoL because of LE symptoms. Future studies testing LE risk-reduction strategies should include early referral to physical therapy; attention to LE in women of color should also be a priority.