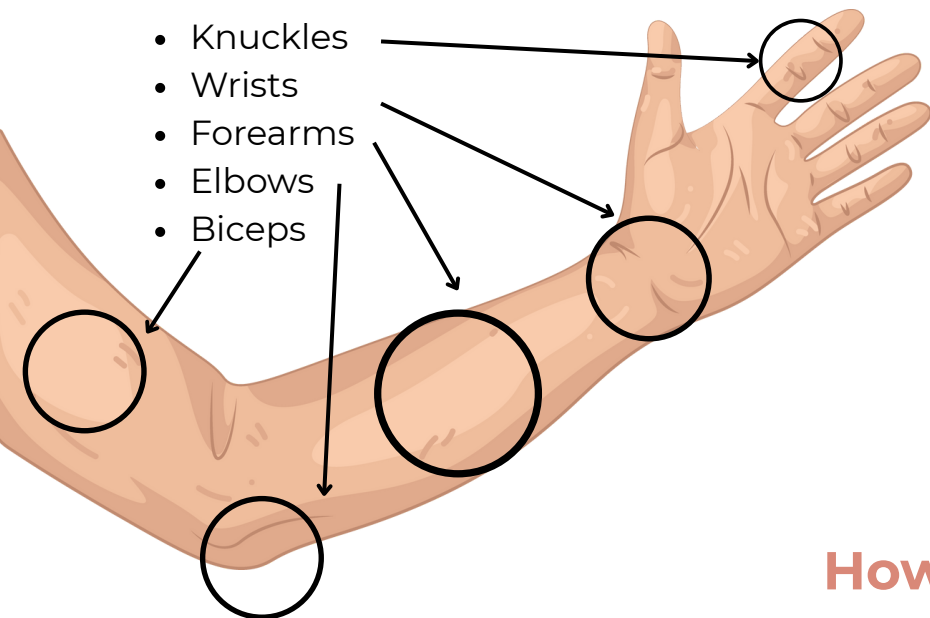


Lymphedema Monitoring Chart

Where to Measure:

- Knuckles
- Wrists
- Forearms
- Elbows
- Biceps



Visual Checks:

- Bring your fingertips to rest on your shoulders. Look at your elbows. Do they match?
- With your arms in front of you, compare the contours of your lower and upper arms. Monitor both arms, palms faced down and palms faced up.
- Compare your hands, looking for pockets of swelling between the knuckles and backs of the hands.

How to Measure:

- Measure your arms to record a **baseline** in the measurement chart.
- Compare your arms on a monthly basis.
- We recommend something easy to remember, like the first weekend of each month.
- Use the same landmarks each time (like a freckle or spot) in order to stay consistent.
- It may also be helpful to have a family member or friend take photos of your arms monthly, to include in your charting.

If you notice swelling—or an increase of 2 cm or more on any measurement—take your measurements, compare them to your baseline, and contact your healthcare provider.

