Lymphedema

Lymphedema is a build-up of fluid in the fatty tissues just under the skin that causes swelling. Radiation or cancer impacting the lymph system can increase the risk of lymphedema.

**TRY THIS**

- Wear loose clothing. Avoid pressure and squeezing of the affected area.
- Avoid overuse. Repetitive movements can make your symptoms worse.

**CHECK THIS OUT**

Visit the Springboard page on Lymphedema.
https://survivorship.cancer.gov/springboard/symptoms/lymphedema

Learn more about lymphedema [here](http://goo.gl/EgMIPo) and ways to manage lymphedema [here](http://go.usa.gov/xxJsY).

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Pain

Cancer and cancer treatment can sometimes cause pain, but it's not something you have to suffer through. There are various options to help relieve pain.

**TRY THIS**

- Track your pain. Keep a diary and log the details of your pain throughout the day.
- Talk to your health care team. Many different medical treatments can help relieve pain, including both pain medicines and non-drug methods.

**CHECK THIS OUT**

Visit the Springboard page on Pain.
https://survivorship.cancer.gov/springboard/symptoms/pain

Learn more about pain [here](http://go.usa.gov/xxJsw) and managing cancer pain [here](http://goo.gl/azpZuf).

Get this chart to help you keep track of your medications. [here](http://goo.usa.gov/9ONNF4)

Watch a video on cancer pain management. [here](http://goo.gl/QVRzbJ)

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Swelling (Edema)

Swelling (edema) is a condition in which fluid builds up in your body's tissues. It can be caused by either a problem getting rid of fluid, or of retaining too much fluid.

**TRY THIS**

- Wear loose clothing. Stay away from clothing that is constricting and shoes that are too tight.
- Elevate your feet. Prop your feet up when sitting in a chair or resting in bed.
- Limit salt (sodium) in your diet. Avoid foods such as chips, bacon, ham, and canned soup.

**CHECK THIS OUT**

Visit the Springboard page on Edema.
https://survivorship.cancer.gov/springboard/symptoms/swelling

Learn more about edema [here](http://goo.gl/hedXX8)

Read this publication on managing chemotherapy side effects — swelling (fluid retention). [here](http://go.usa.gov/xaKkh)

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Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

**TRY THIS**

- Do physical activity. Being physically active for even just a few minutes a day is helpful.
- Begin with warm-up exercises. Start slowly and warm up for at least 2 to 3 minutes.

**CHECK THIS OUT**

Visit the Springboard page Be Active.
https://survivorship.cancer.gov/springboard/wellness/be-active

Watch this video on finding time for exercise when you're busy.
https://goo.g/ZNynYn

Use the SuperTracker to track your food and physical activity.[here](http://go.usa.gov/xaKpi)
**Healthy Eating**

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

**TRY THIS**
- **Work with a specialist.** Ask a dietitian to help you create a nutritious, balanced eating plan.
- **Shop smart.** Stock your kitchen with healthy foods.
- **Practice mindful eating.** Don’t get too hungry before you eat. Stop eating when you’re full.

**CHECK THIS OUT**
- Sign up for HealthyYouTXT. [http://go.usa.gov/xaKpV](http://go.usa.gov/xaKpV)
- Watch these videos on healthy eating, acting, and living. [https://goo.gl/0lmSHq](https://goo.gl/0lmSHq)
- Learn more about nutrition after treatment ends. [http://go.o.gov/LBismv](http://go.o.gov/LBismv)

**Health Care Team**

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

**TRY THIS**
- **Establish good communication.** Take notes and bring someone with you to appointments.
- **Build a relationship.** Let your health care team know what you expect from them.
- **Be prepared.** Write down questions ahead of appointments.
- **Consider a second opinion.** Ask your doctor for a referral and to share your medical records.

**CHECK THIS OUT**
- Get additional resources to help you. [http://goo.gl/gkj0K3](http://goo.usa.gov/gkj0K3)
- Read this fact sheet on communication in cancer care. [http://go.usa.gov/xaKvd](http://go.usa.gov/xaKvd)