

S4OM Research

Lymphedema

Read thoroughly, think critically.

Key	
	Paid access research.
\$	Researchers may provide a copy of their research upon request.
	Open access research

Our knowledge of lymphedema is rapidly changing due to advances in imaging techniques.

Recent findings are changing how lymphedema is treated, both surgically and with manual lymphatic drainage.

Below are two organizations at the forefront of these advances. Staying up-to-date is recommended for anyone who provides massage treatment to people at risk for developing lymphedema.

LEARN (Lymphatic Education and Research Network)

Extensive resources are available free of charge.

<https://lymphaticnetwork.org/>

ALERT (Australian Lymphoedema Education, Research and Treatment)

Macquarie University, Australia

<https://www.mqhealth.org.au/about/flagship-services/lymphoedema/education>

Video

Myths Debunked! How lymphatic imaging is changing patient treatment plans

Caroline Fife, MD, FAAFP, CWS and Eva M. Sevich, PhD

<https://www.youtube.com/watch?v=UScxVn1blfo&t=2113s>

Imaging



A new indocyanine green fluorescence lymphography protocol for identification of the lymphatic drainage pathway for patients with breast cancer-related lymphoedema. Suami, H., Heydon-White, A., Mackie, H., Czerniec, S., Koelmeyer, L. and Boyages, J. (2019). *BMC Cancer*, 19(1). doi <https://pubmed.ncbi.nlm.nih.gov/31640623/>

Lymphatic Surgery



Combining reconstructive and ablative surgical treatment of chronic breast cancer-related lymphedema (BCRL): safe and effective Ghazaleh, A.A., Handschin, T.M., Buckowiecki, J., Chammartin, F.S., Andree, C., Schaefer, D.J., Haug, M., Kappos, E.A. and Seidenstuecker, K. (2022).. *Breast Cancer Research and Treatment*, 197(1), pp.83–92.
https://pmc.ncbi.nlm.nih.gov/articles/PMC9823021/pdf/10549_2022_Article_6778.pdf



Lymphatic Microsurgical Preventive Healing Approach (LYMPHA) for Lymphedema Prevention after Axillary Lymph Node Dissection—A Single Institution Experience and Feasibility of Technique. Lipman, K., Luan, A., Stone, K., Wapnir, I., Karin, M. and Nguyen, D. (2021). \ *Journal of Clinical Medicine*, 11(1), p.92.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8745451/pdf/jcm-11-00092.pdf>

Manual therapy treatment

Advances in the prevention and treatment of breast cancer-related lymphedema.

Donahue PMC, MacKenzie A, Filipovic A, Koelmeyer L. Breast Cancer Res Treat. 2023 Jul;200(1):1-14. doi: 10.1007/s10549-023-06947-7. Epub 2023 Apr 27.

https://pmc.ncbi.nlm.nih.gov/articles/PMC10224871/pdf/10549_2023_Article_6947.pdf



A case report of lymphedema as an unusual initial presentation of breast carcinoma. Yam Hock Ng, Ibrahim, S. and Yee Chin Chai (2022). *Proceedings of Singapore Healthcare*, 31, p.201010582211115-201010582211115.

<https://journals.sagepub.com/doi/epub/10.1177/20101058221111580>



Complete Decongestive Therapy Effect on Breast Cancer Related to Lymphedema: A Systemic Review and Meta-Analysis of Randomized Controlled Trials. Shamoun S, Ahmad M. *Asian Pac J Cancer Prev*. 2023 Jul 1;24(7):2225-2238.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10676504/pdf/APJCP-24-2225.pdf>



Comprehensive Decongestive Therapy as a Treatment for Secondary Lymphedema of the Lower Extremity and Quality of Life of Women After Gynecological Cancer Surgery Kendrová L, Mikuláková W, Urbanová K, Andraščíková Š, Žultáková S, Takáč P, Peresta Y.. *Med Sci Monit*. 2020 Jun 17;26:e924071.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7320633/pdf/medscimonit-26-e924071.pdf>



Coping Mechanisms for Lymphedema: An Analysis of Patient Experiences Admoun C, Mayrovitz HN.. *Cureus*. 2023 Jul 8;15(7):e41573.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10406395/pdf/cureus-0015-00000041573.pdf>



Diagnosis and Treatment of Post-Prostatectomy Lymphedema: What's New? Bianchi LMG, Irmici G, Cè M, D'Ascoli E, Della Pepa G, Di Vita F, Casati O, Soresina M, Menozzi A, Khenkina N, Cellina M. *Curr Oncol*. 2023 Apr 25;30(5):4512-4526.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10217297/pdf/curroncol-30-00341.pdf>

\$ *Effect of early interventions with manual lymphatic drainage and rehabilitation exercise on morbidity and lymphedema in patients with oral cavity cancer.* Tsai KY, Liao SF, Chen KL, Tang HW, Huang HY. *Medicine (Baltimore)*. 2022 Oct 21;101(42):e30910 <https://pmc.ncbi.nlm.nih.gov/articles/PMC9592419/pdf/medi-101-e30910.pdf>



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Lymphedema: From diagnosis to treatment. Kayiran O, De La Cruz C, Tane K, Soran A. *Turk J Surg*. 2017 Jun 1;33(2):51-57. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5508242/pdf/tjs-33-2-51.pdf>



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Manual lymphatic drainage: the evidence behind the efficacy. Ramadan, F. (2024). *British Journal of Community Nursing*, 29(2), pp.83–84. <https://www.magonlinelibrary.com/doi/epub/10.12968/bjcn.2024.29.2.83>



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<https://pmc.ncbi.nlm.nih.gov/articles/PMC7466081/pdf/cancers-12-02280.pdf>



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