

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://smokefree.gov/springboard/symptoms/lymphedema>

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

<https://smokefree.gov/springboard/>

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://smokefree.gov/springboard/symptoms/pain>

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

Get this chart to help you keep track of your medications. <http://goo.gl/9ONNF4>

Watch a video on cancer pain management. <http://goo.gl/QVRzbJ>

<https://smokefree.gov/springboard/>

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://smokefree.gov/springboard/symptoms/swelling>

Learn more about edema. <http://goo.gl/hedXX8>

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

<https://smokefree.gov/springboard/>

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://smokefree.gov/springboard/wellness/be-active>

Watch this video on finding time for exercise when you're busy. <https://goo.gl/NZynYN>

Use the SuperTracker to track your food and physical activity. <http://go.usa.gov/xaKpj>

<https://smokefree.gov/springboard/>

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

Visit the Springboard page Healthy Eating.

<https://smokefree.gov/springboard/wellness/healthy-eating>

Sign up for HealthyYouTXT. <http://go.usa.gov/xaKpV>

Watch these videos on healthy eating, acting, and living.

<https://goo.gl/0lmSHq>

Learn more about nutrition after treatment ends. <http://goo.gl/LBjsmv>

<https://smokefree.gov/springboard/>

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

Visit the Springboard page Health Care Team.

<https://smokefree.gov/springboard/get-support/health-care-team>

Get additional resources to help you. <http://goo.gl/gkj0K3>

Read this fact sheet on communication in cancer care.

<http://go.usa.gov/xaKvd>

<https://smokefree.gov/springboard/>