



# Concerned about lymphoedema? It's important to get the right treatment.

A lymphoedema therapist makes all the difference.

The sooner you get treatment, the sooner you can take control - and we're here to help.

To get started, apply for funding today.



## Need advice?

**0800 BC NURSE** (0800 226 8773)  
[breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)  
[www.breastcancerfoundation.org.nz](http://www.breastcancerfoundation.org.nz)

## We're here to help

@pinkribbonNZ

Breast Cancer Foundation NZ's vision is zero deaths from breast cancer. Our mission is to push for new frontiers in early detection, treatment and support.

Breast Cancer Foundation NZ,  
PO Box 99650, Newmarket, Auckland 1149



# Lymphoedema therapy and breast cancer



## For more information

**0800 BC NURSE** (0800 226 8773)  
[www.breastcancerfoundation.org.nz](http://www.breastcancerfoundation.org.nz)

BCF203/0419

FreePost Authority Number 188318



Breast Cancer Foundation NZ  
Breast Nurse  
Private Bag 99906  
Newmarket  
Auckland 1149

# Lymphoedema treatment can help you

**If you have had breast cancer and been diagnosed with lymphoedema (or are at high risk), we can help you get the treatment you need.**

## What is lymphoedema?

Some people who have breast surgery will have lymph nodes removed from under the arm. This means lymph fluid can't drain as well as it should.

Lymphoedema is a progressive, chronic condition that develops in stages, so the sooner you get treatment, the sooner you can manage your symptoms.

## Am I at risk?

If you've had breast surgery and had lymph nodes removed or damaged, you may be at risk of lymphoedema. Factors that add to your risk include:

- The extent of surgery, lymph node removal, radiation treatment and some chemotherapy
- Skin infections or trauma near the affected area
- Obesity and immobility
- Constriction from tight clothes, jewellery or blood pressure tests.

Talk to your treatment team about your individual risk.



# What can a therapist do for me?

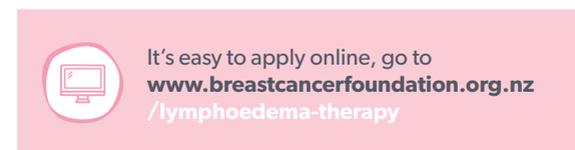
A lymphoedema therapist makes all the difference. The sooner you are assessed and start treatment, the sooner you can take control. Your lymphoedema therapist will teach you about the lymphatic system, assess your needs and create a personal plan for your treatment. Lymphoedema treatment aims to reduce and control swelling and help with discomfort.

## Am I eligible?

If you have had breast cancer, and you are at high risk of lymphoedema, you can apply for this service.

## How do I access lymphoedema therapy?

- 1 Complete your details on this form
- 2 Ask your GP, breast cancer specialist, or breast nurse to complete the referral section
- 3 Post the form to BCFNZ or scan and email it to **supportservices@bcf.org.nz**
- 4 Once your application has been approved, BCFNZ will notify you and send your Pink Ribbon™ Card in the post



# Lymphoedema therapy funding application

**BCFNZ funds lymphoedema therapy to the value of \$180 with a lymphoedema therapist. Therapy may include education, assessment and treatment.**

## Personal details

Name

Phone

Email

Address

Suburb

City  Postcode

## Type of cancer (please tick):

Breast cancer  Advanced breast cancer

Date of breast cancer diagnosis     /     /

Date of breast surgery     /     /

**I already have a Pink Ribbon™ Card**  
(if so your funds will be loaded on this card)

Terms & Conditions apply. Find them on our website **[www.breastcancerfoundation.org.nz/terms](http://www.breastcancerfoundation.org.nz/terms)**

To find your nearest lymphoedema therapist head to **[breastcancerfoundation.org.nz/lymphoedema-therapists](http://breastcancerfoundation.org.nz/lymphoedema-therapists)** or call **0800 BC NURSE** (0800 226 8773)

Clinic of choice

Signature

Date     /     /

# Clinical referral

**To be completed by your GP, breast cancer specialist or breast nurse.**

Please tell us the reason for this referral and include relevant information, such as brief history of breast cancer, lymphoedema management and bioimpedance data. You may also wish to indicate the stage of lymphoedema, particularly if more complex treatment is required.

Referred by

Position

Clinic / DHB

Email

Signature

Date     /     /

## FOR BCFNZ OFFICE USE ONLY

Date received:

Approved:  Yes  No