

### Lets talk genital lymphedema

Improving ways to diagnose and treat the taboo area

By Shelley DiCecco

**Editors Note:** The author of this article is available to assist any HCP with evaluation or treatment questions via email at ShelleyDiCecco@LymphEd.com. The author is conducting a study pertaining to the education on and comfort level with treating genital lymphedema. HCPs may participate in the study by scanning the following QR image.



SCAN ME

### References

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# Lower Limb and Genital Lymphedema Questionnaire for Women (LLGLQw)

Name, contact details and DoB or hospital number:

**Self-completion questionnaire for women who have lower limb edema and may have genital area oedema / Lymphedema.**

Today's date: \_\_\_\_\_

Swelling in the legs / genitals can be quite normal for a few weeks after some treatments or with some chronic conditions. Sometimes these can be difficult to describe but this questionnaire may help. Please complete the questions below to help us give you the appropriate advice and care.

<b>Personal Impact</b>		<b>Not at all (or not relevant) 0</b>	<b>A little bit 1</b>	<b>Quite a bit 2</b>	<b>Very much 3</b>
Over the last month how has the swelling affected your daily activities:					
	<i>(for example)</i>		✓		
I have swelling:	in my leg(s)				
	in my genitals				
<b>If you feel you have <u>no</u> swelling at all you do not need to complete the rest of this questionnaire.</b>					
The swelling is worse by the end of the day					
The swelling is affecting:	which clothes/shoes I can wear				
	my sitting				
	getting in/out of bed				
	my walking				
	urination				
The skin around the swollen area:	my sexual function				
	feels tight				
	has changed colour				
	feels different				
The swelling gives me discomfort:	feels wet/cold				
	in my leg(s)				
I need to take painkillers for the discomfort	in my genitals				
<b>Please continue overleaf/next page.</b>					
<i>Therapist to calculate after completion</i>	<b>Score for Personal Impact Section (score above / 48) x 100= % limited</b>				

If you have swelling of your legs or genitals please show in these picture where you feel it is, by shading like this:



Name, contact details and DoB or hospital number:



Please tick any relevant		√
	I feel swollen inside	
	The inside is sticking out	
	The outside is swollen	
	Inside and outside feels swollen	

**On average this week how severe has the swelling been?**

	0 =No swelling	1 = a little bit	2 = quite a bit	3 = very swollen
Legs				
Genitals				

Is there anything else you would like to tell us about how this is affecting you physically or emotionally?

	Yes	No
During the last year, have you needed antibiotics for infections (cellulitis) in your leg(s) or genitals?		
Have you been offered any advice or treatment for the things you have identified here?		
Would you like to discuss this with us?		
<i>Health professional to complete:</i> Name of health professional _____ has discussed the contents of this form with the patient Signed: _____ Date: _____		

Patient/client (name, address, contact details).

## Lower Limb and Genital Lymphedema Questionnaire for Men (LLGLQ)

Self-completion questionnaire for men who have lower limb edema and may also have genital area edema / lymphedema.

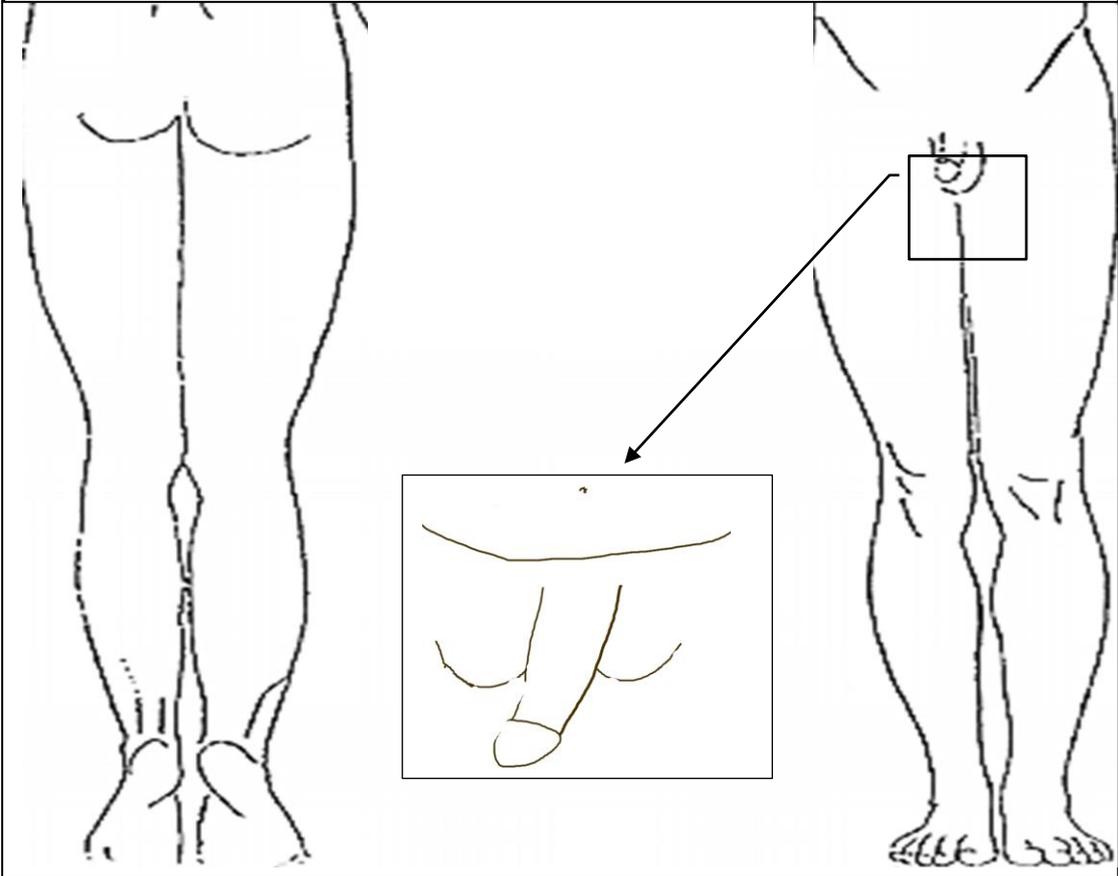
**Today's date:** \_\_\_\_\_

Swelling in the legs / genitals can be quite normal for a few weeks after some treatments or with some chronic conditions. Sometimes these can be difficult to describe but this questionnaire may help. Please complete the questions below to help us give you the appropriate advice and care.

Personal impact due to changes in your lower body		Not at all (or not relevant) <b>0</b>	A little bit <b>1</b>	Quite a bit <b>2</b>	Very much <b>3</b>
			✓		
<i>(for example)</i>					
I have swelling:	in my leg(s)				
	in my genitals				
<b>If you feel you have <u>no</u> swelling at all you do not need to complete the rest of this questionnaire.</b>					
The swelling is noticeably more by the end of the day					
The swelling is affecting:	which clothes/shoes I can wear				
	my sitting				
	getting in/out of bed				
	my walking				
	urination				
	my sexual function				
The skin around the swollen area:	feels tight				
	has changed color				
	feels different				
	feels wet/cold				
The swelling gives me discomfort:	in my leg(s)				
	in my genitals				
I need to take painkillers for the discomfort					
<b>Score for Personal Impact Section (score above / 48) x 100= % limited</b>					
<b>Questions on history of your symptoms</b>					
During the last year have you needed antibiotics for infections (cellulitis) in your leg(s) or genitals?				Yes	No
If yes, how many times has this happened?					
Can you briefly describe what started your swelling?					

Patient/client (name, address, contact details).

If you have swelling of your legs or genitals please show in this picture where it is, by shading like this: 



On average this week how severe has the swelling been?			
0 = No swelling	1 = a little bit	2 = quite a bit	3 = very swollen

Is there anything else you would like to tell us about how this is affecting you physically or emotionally?

	Yes	No
Have you been offered any advice or treatment for lymphedema (swelling)?		
Would you like any information or advice?		
<b>For completion by doctor/therapist:</b>		
Referred to lymphedema service for assessment?		

## **First endowed Research Chair in lymphatic disorders in Canada arrives at the University of Alberta**

By Spencer Gibson

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## **Kinect-enhanced lymphatic exercises**

Reducing lymphatic pain, swelling, and lymph fluid level

By Mei Fu

This article is a synopsis of an innovative feasibility study conducted by our research team and published in the journal Integrative Cancer Therapies, titled “The Effects of Kinect-Enhanced Lymphatic Exercise Intervention on Lymphatic Pain, Swelling, and Lymph Fluid Level.” View the free open full article: <https://pubmed.ncbi.nlm.nih.gov/34160294/>.

This study was registered in ClinicalTrials.gov with US ClinicalTrials.gov Identifier:NCT03999177. This study was supported by the National Institute of Health /National Science Foundation /National Cancer Institute (1R01CA214085-01) with Drs. Mei R Fu and Yao Wang as the multiple principal investigators.

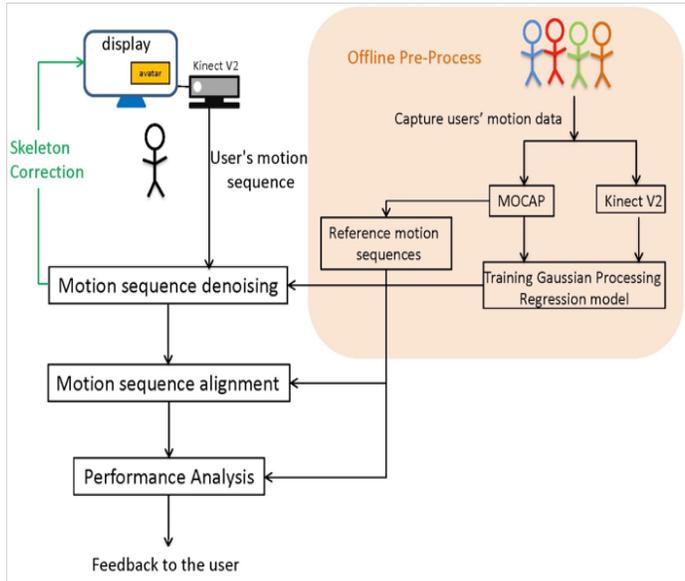
To view the free open full article: <https://pubmed.ncbi.nlm.nih.gov/34160294/>

Fu, M.R., McTernan, M.L., Qiu, J.M., Ko, E., Yazicioglu, S., Axrelrod, D., Guth, A., Fan, Z., Sang, A., Miaskowski, C., & Wang, Y. (2021). The effects of Kinect-enhanced lymphatic exercise intervention on lymphatic pain, swelling, and lymph fluid level. Integrative Cancer Therapies, 20:15347354211026757 . DOI: 10.1177/15347354211026757 PMID:34160294; PMCID: PMC 8226364

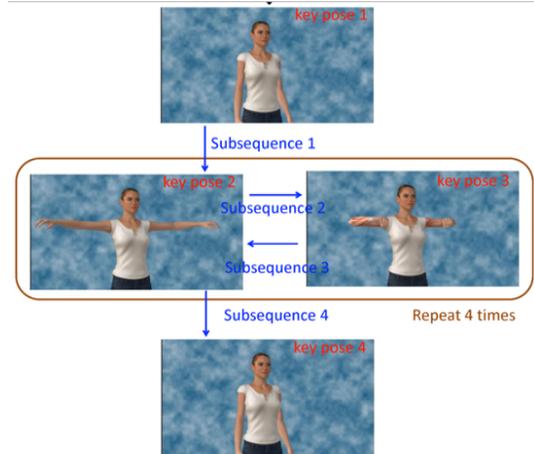
**FOLLOWING ARE THREE FIGURES WHICH WERE NOT INCLUDED IN PATHWAYS ARTICLE:**

**Figure 1. Kinect-enhanced lymphatic exercise intervention**

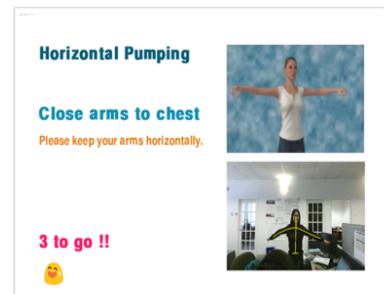
**Overall system**



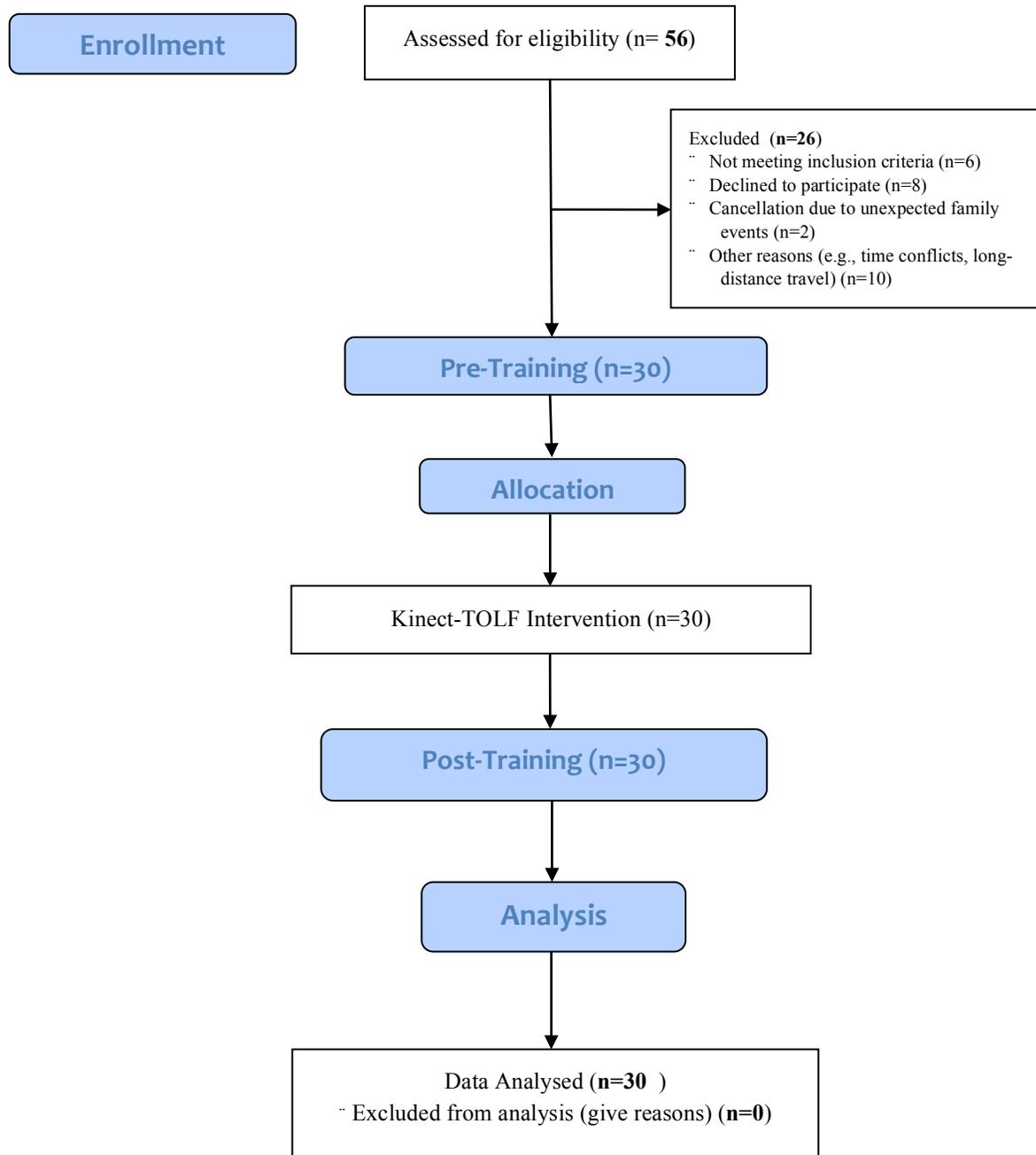
**Motion sequence alignment**



**Prototype System User interface**



**Figure 2. Patient flow chart**



**Figure 3. Refinement of the Kinect-enhanced lymphatic exercise training system**

