

# 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/EgMlPo>) 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/>