

Preventing Chronic Breast Cancer-Related Lymphedema

Early Detection & Treatment

Your clinician uses your L-Dex® score to help determine whether you have early lymphedema. If they find early lymphedema, they will provide you a personal treatment plan. By finding and treating lymphedema early, before you notice swelling, your clinician can help you avoid chronic lymphedema treatment.

[Your L-Dex score shows](#)

how much fluid is building up in your arm.

[Your L-Dex score may be measured](#)

before your cancer treatment begins to figure out the normal L-Dex score for you.

[Tracking your L-Dex score](#)

after cancer treatment helps your clinician find changes that may mean you are getting lymphedema and should be treated early for lymphedema.



Simple Test

The SOZO device is used to measure your L-Dex score. You will not feel the SOZO test and it only takes **30 seconds to complete**.

- Remove shoes and socks
- Place hands and feet on SOZO sensors
- Stay still during the 30-second test
- L-Dex score available immediately after test