

Alma Krnje-Harnewja

Good ✓

Mrs. JW – July 2009

Personal

DOB: 9-15-1929; 79 y/o.

Occupation: retired cook/caterer

History

Pertinent medical history: 3/2008: bilateral mastectomy (right side had cancer with no lymph node involvement.
4/2008: repair of left mastectomy dehiscence. Scar leaked lymph. Immediately onset of truncal swelling.
7/2008: onset of minor swelling of right axilla.
8/2008: onset of swelling of both legs.
12/2008: Medical exam by Dr. Atkinson at UNC.
Recommendation: FlexiTouch.
2/2009: Follow up with Dr. Atkinson.

Subjective complaint: tightness and fullness of chest, 23 p of weight gain with clothes that don't fit well around waist, swelling in pubic area.

Symptoms: Swelling of abdomen, pubic area. Slight swelling of right arm and right axilla, swelling of legs, L>R.

Diagnosis: Secondary lymphedema after treatments for breastcancer.

Medication / surgery: Norvasc, mg; blood pressure medication; aspirin; antidepressants.

Other treatment procedures: 7/2008: LDT started with a 2-week Intensive of daily treatments. HEP consists of wearing shaper for leg and trunk, 30 minute daily exercise on the stationary bike.
Intensive is followed by ongoing maintenance of 3 x a week for 2 Months, 1 time a week for 1 month, then 3 x a week for 2 months till mid 12/2008.
12/2008: Daily use of FlexiTouch; stopped doing her HEP
1/2009: 1 x a week sessions till today.

Evaluation/assessment

MLM: Blockage of the liver, anterior and posterior draining parts. Draining pathways through lymphatic duct and cistern chili.

Objective results: Adhered scar below the left lateral sternum where the repair was performed. Blocking superficial pathways. Breathing is labored after climbing one flight of stairs.

Subjective results: Feeling of tightness in chest, feeling of fullness in abdomen and chest and in both axillas.

LDT treatments: Starting in 10/2008 with this therapist with 3 x a week. Patient felt instant improvement with less tightness in chest and feeling less feeling swollen.

Average length of sessions: 1 hour.

Number of sessions: Many spread out over 3 lymphedema practices with this therapist starting to work with JW in 10/2008.

Outcome: After initial improvement swelling worsened over 11/2008 and JW is referred to Dr. Atkinson for a lymphedema assessment. After starting to use the FlexiTouch on a daily basis and CDT once a week, JW seems to be stabilizing with MLM showing draining pathways of liver, neck, deep abdomen and thoracic duct.

Objective: Circumference of waist fluctuates between 112 cm (pre-session) and 105 cm (post session). JW recently refuses to have measurements of legs and arms taken since. Initial measurements

are included.

Subjective

Percentage of improvement: volumetric measurements are included

Overview of waist circumference is included.

JW didn't feel comfortable with her pictures taken.

Outcome:

Immediately after sessions circumference of waist fluctuates between 109 cm and 105 cm. There is no lasting effect of treatment.

Coping:

JW feels depressed under the circumstance, but refuses further

Testing, treatment options, or cardiovascular exercise.

Compliance:

~~lack of~~ *lack of daily Flexibunch, no exercising*

Psychosocial issues, if appropriate:

lives by herself in a retirement community

Patient and/or family coping of condition and treatment:

n/a