



Talking to Your GP About Possible Lymphoedema

You can take this with you or use it to prepare.

What I've noticed:

- (e.g. heaviness, swelling, tightness)
- When it started:
- Is it constant or does it change?

Relevant history:

- Surgery:
- Radiotherapy:
- Cancer treatment:
- Injury or infection:

Impact on daily life:

- Clothing/jewellery changes
- Comfort or movement
- Any skin changes

Questions you might ask:

- Could this be early lymphoedema?
- Is monitoring appropriate at this stage?
- Can I be referred to a lymphoedema service?