

(un)cancer

Lymphedema
Checklist

Early signs and symptoms of lymphedema to look out for

- Swelling of an arm or leg, which may include fingers and toes
- A full or heavy feeling in an arm or leg
- A tight feeling in the skin
- Trouble moving a joint in the arm or leg
- Thickening of the skin, with or without skin changes such as blisters or warts
- A feeling of tightness when wearing clothing, shoes, bracelets, watches, or rings
- Itching of the legs or toes
- A burning feeling in the legs
- Trouble sleeping
- Loss of hair