

THE EFFECT OF DR. VODDER'S MANUAL LYMPH DRAINAGE FOR BREAST CANCER -RELATED LYMPHEDEMA

DR YING LIU

DEPARTMENT OF PHYSICAL MEDICINE AND
REHABILITATION

PEKING UNION MEDICAL COLLEGE HOSPITAL

OUR HOSPITAL AND DEPARTMENT

- Peking Union Medical College Hospital
Best hospital in China
- Founded in 1921 by Rockefeller
Foundation
- Department of Physical Medicine and
Rehabilitation, founded in 1932
- Ten years of experience in medical care
for lymphedema



MDT

Breast surgery
and
Gynaecology

- Education
- Screen

PM&R

- CDT
- Evaluation

Plastic surgery

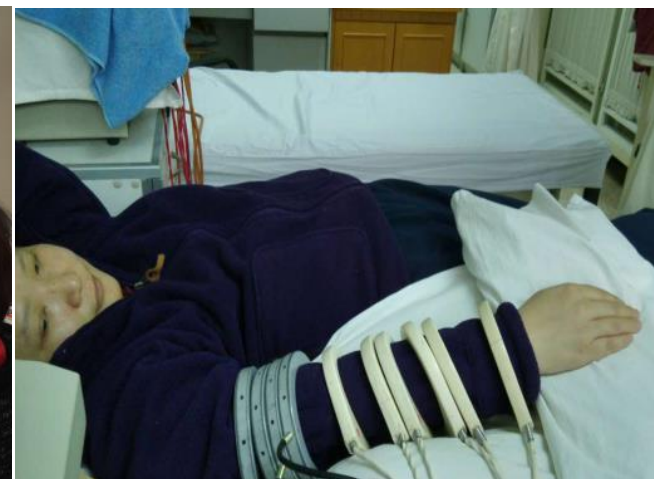
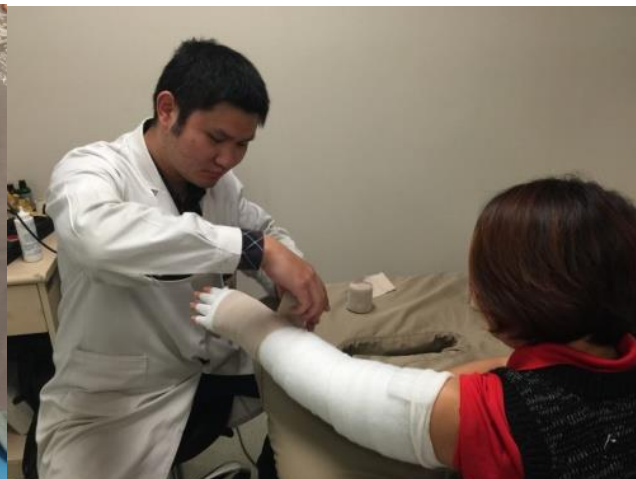
- Operation



- Phsiotrist
- Phsiothrepist
- Breast surgeon
- Plastic surgeon
- Gynecologist
- Nutritionist
- Radiologist

OUR WORK

- 400 cases per year
- Lymphedema database
- Dr. Vodder' s MLD courses
- Continuing education project
- Academic salon
- 2019 lymphedema summit



MLD

Advantages

- Quite welcomed
- Well tolerated
- Harmless

Disadvantages

- Time consuming
- Skill requiring
- Insufficient evidence



To observe the immediate effect of Dr. Vodder' s MLD alone on BCRL and the effect on different stages of lymphedema

MATERIALS AND METHODS

Inclusion criteria

Mastectomy history
Swelling or feeling of heaviness

Diagnosed as stage 1-2

Have signed informed consent

Exclusion criteria

Cancer metastases or recurrence

Acute cellulitis

Thrombophlebitis or DVT

Lymphatic tumor spread

Manifest congestive heart failure

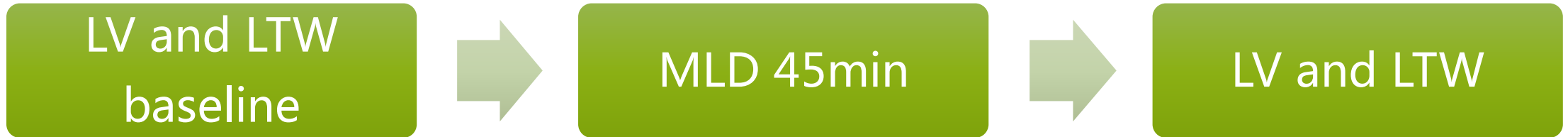
Shortness of breath

DEMOGRAPHY

- 30 patients
- Female
- 18 patients in stage 1
- 12 patients in stage 2
- Age 51 years old (27–75)
- BMI 23.6 (18.3–28.2)
- Duration one month to seven years



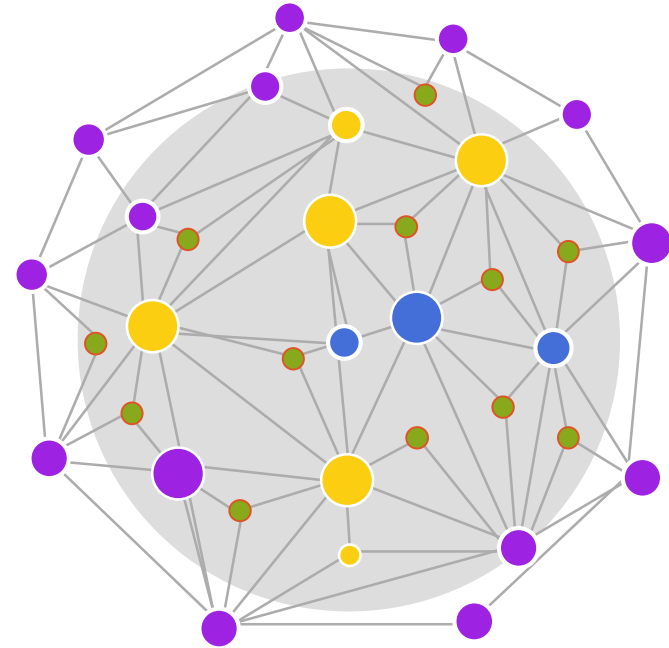
SCORING



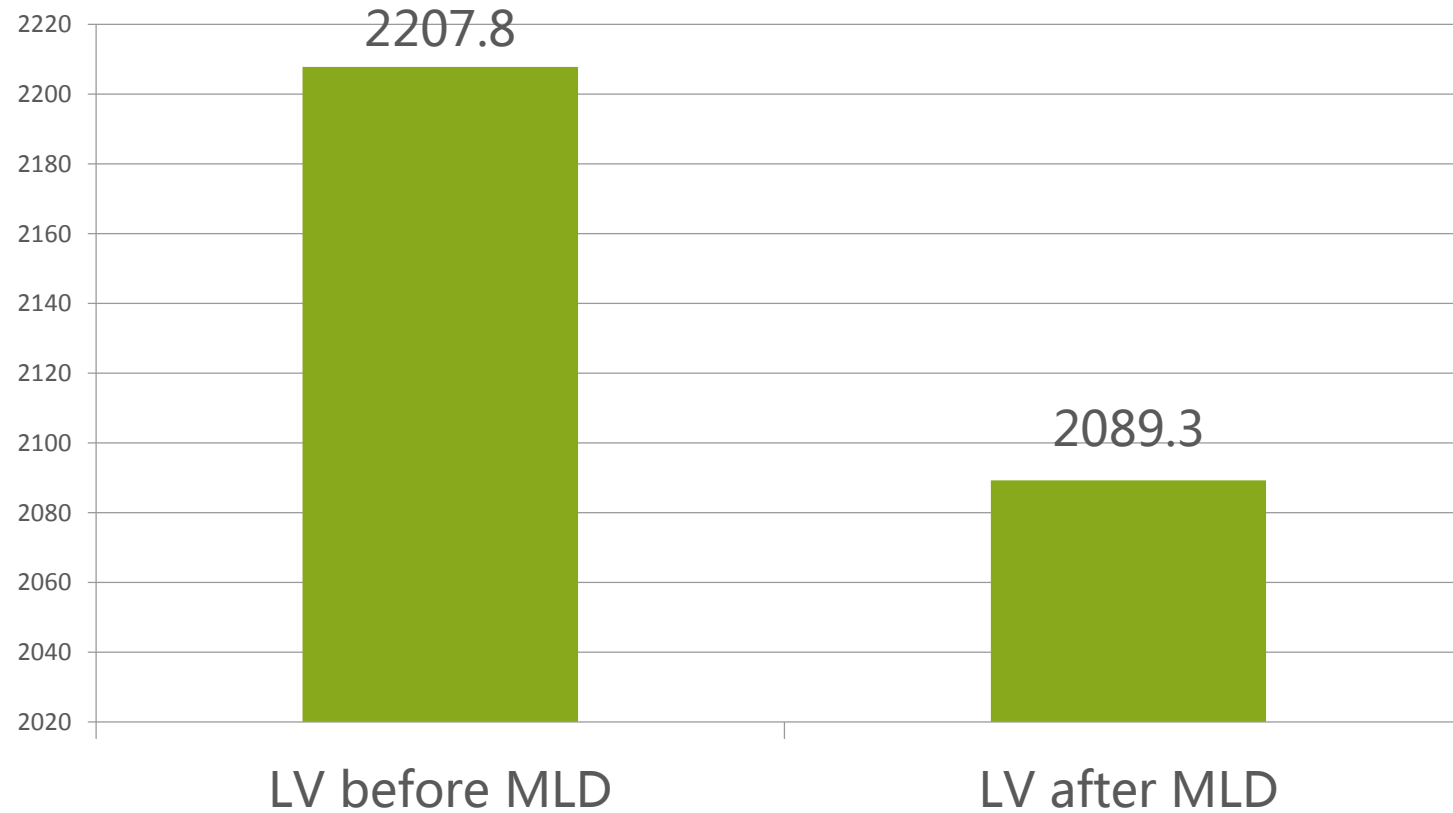
	Limb Volume, LV	LTW
Measurement tools	Circumferential measurements	Moisture Meter-D
Site	Every 4 cm from the styloid process to the shoulder	Ventral and dorsal midpoint of 10cm above and below elbow
Comparision	Before and after MLD between stage 1 and 2	Before and after MLD between stage 1 and 2

STATISTICAL ANALYSIS

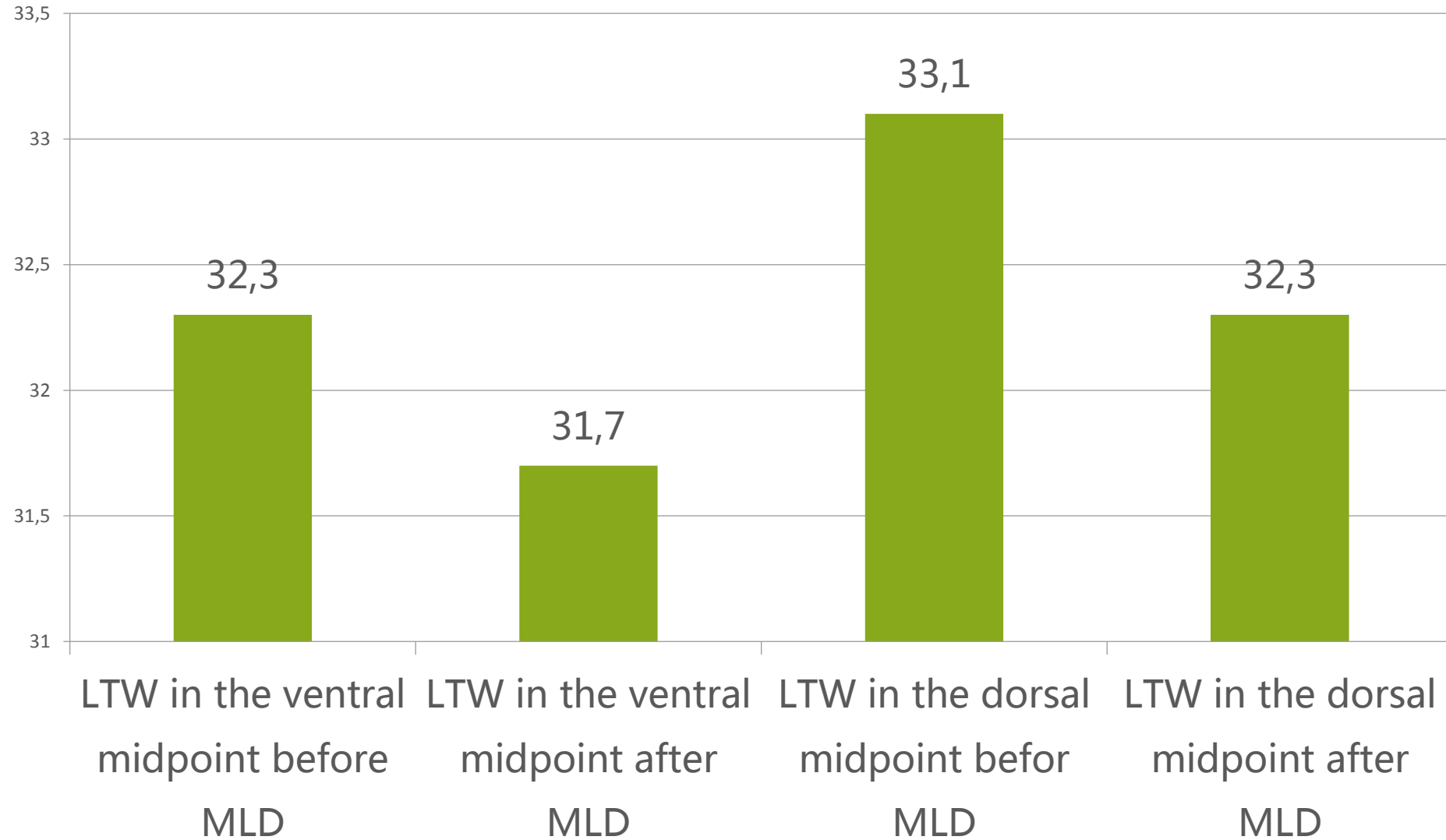
- Matched t test
- Independent sample t test
- $P < 0.05$



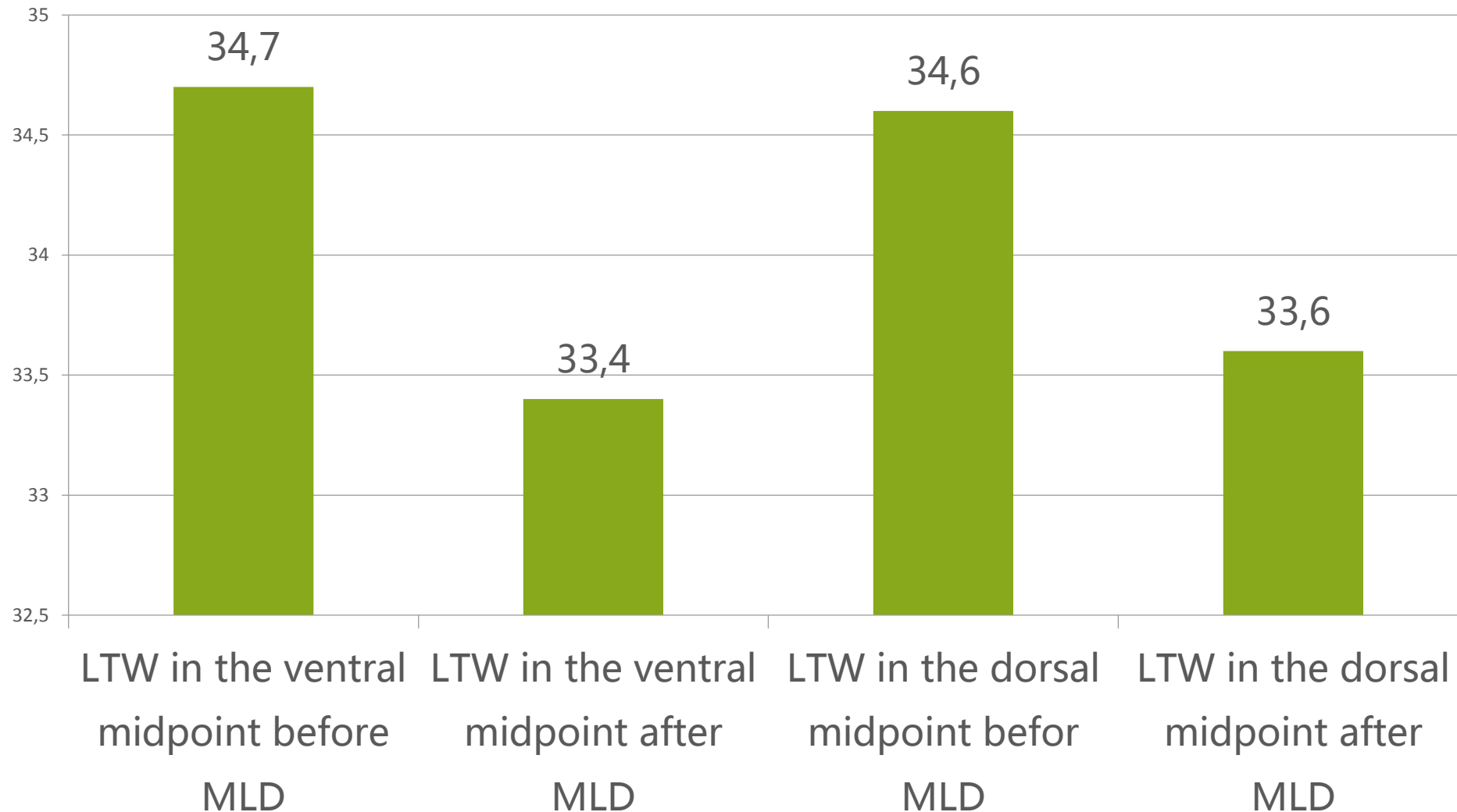
LV COMPARISON (MEAN, ML)



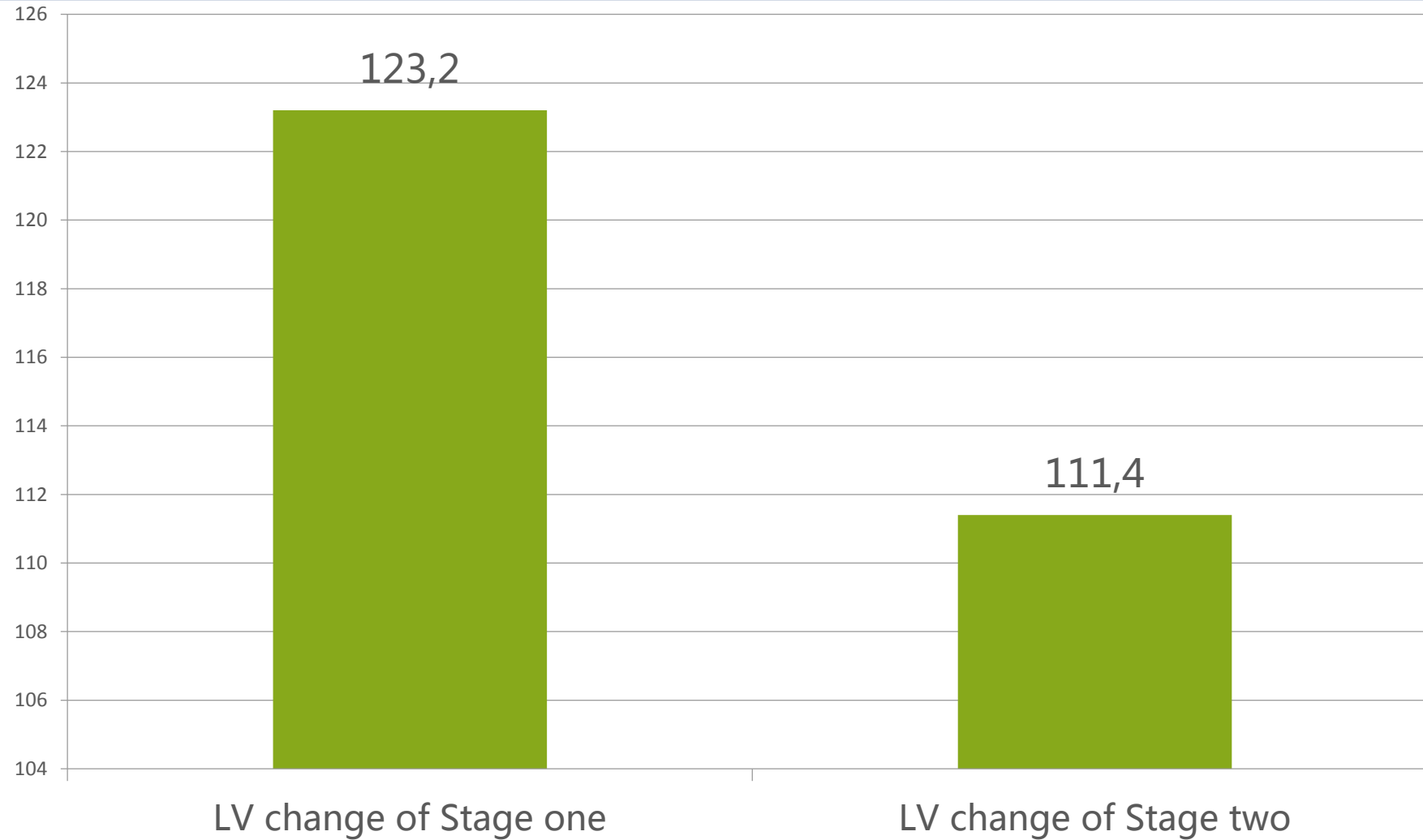
LTW COMPARISON-UPPER ARM



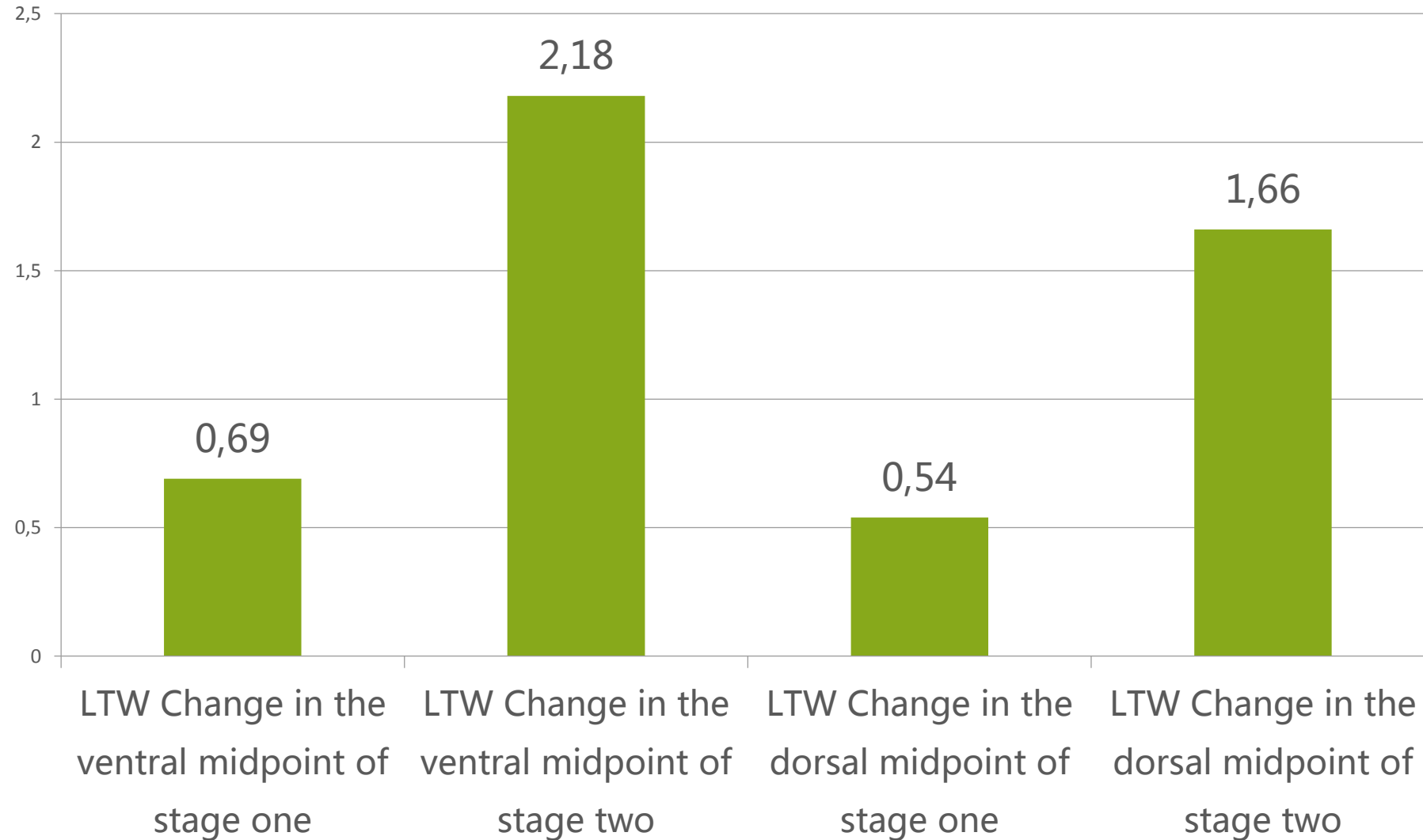
LTW COMPARISON-FOREARM



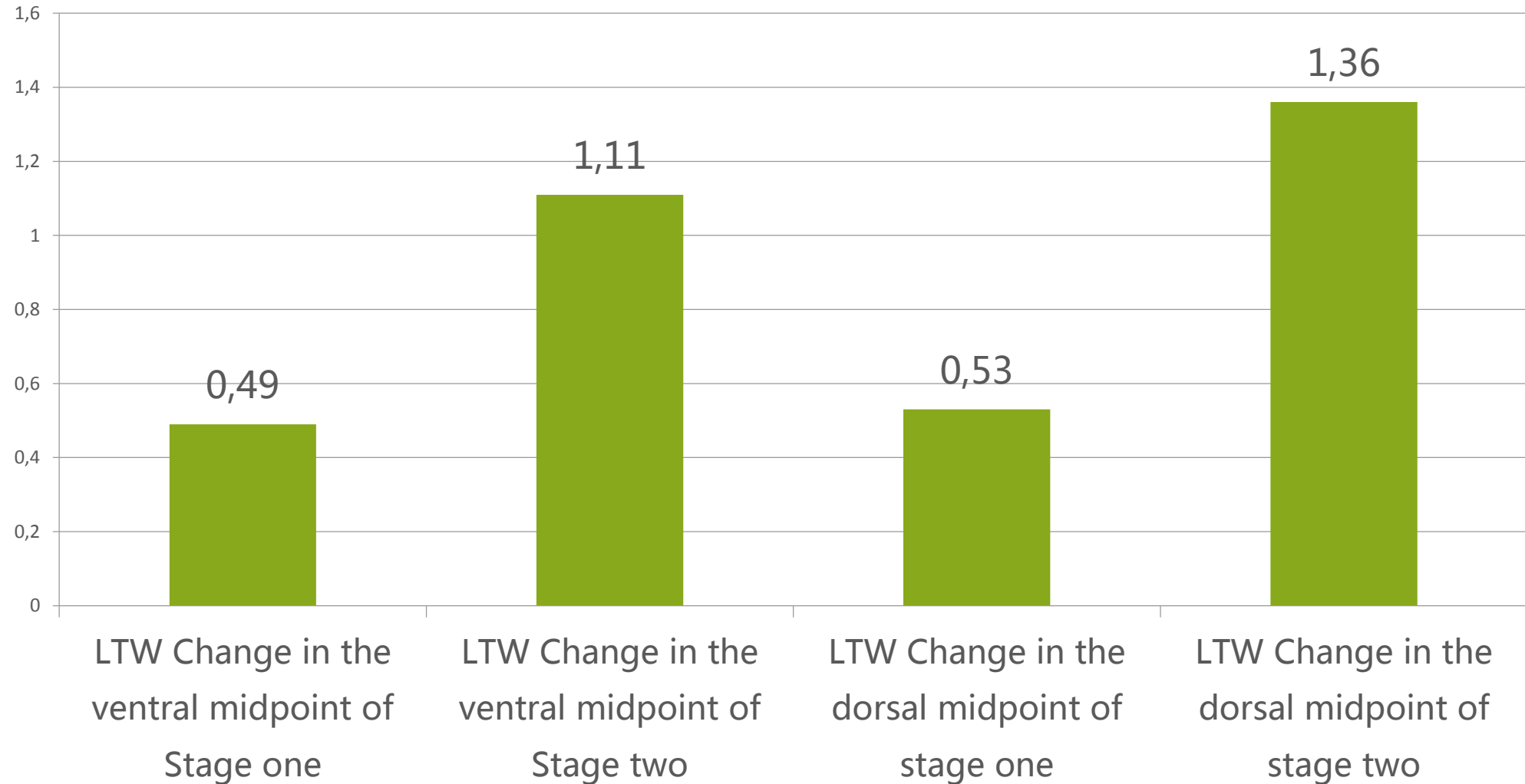
COMPARISON OF LV CHANGE (ML)



COMPARISON OF LTW CHANGE-FOREARM



COMPARISON OF LTW CHANGE-UPPER ARM



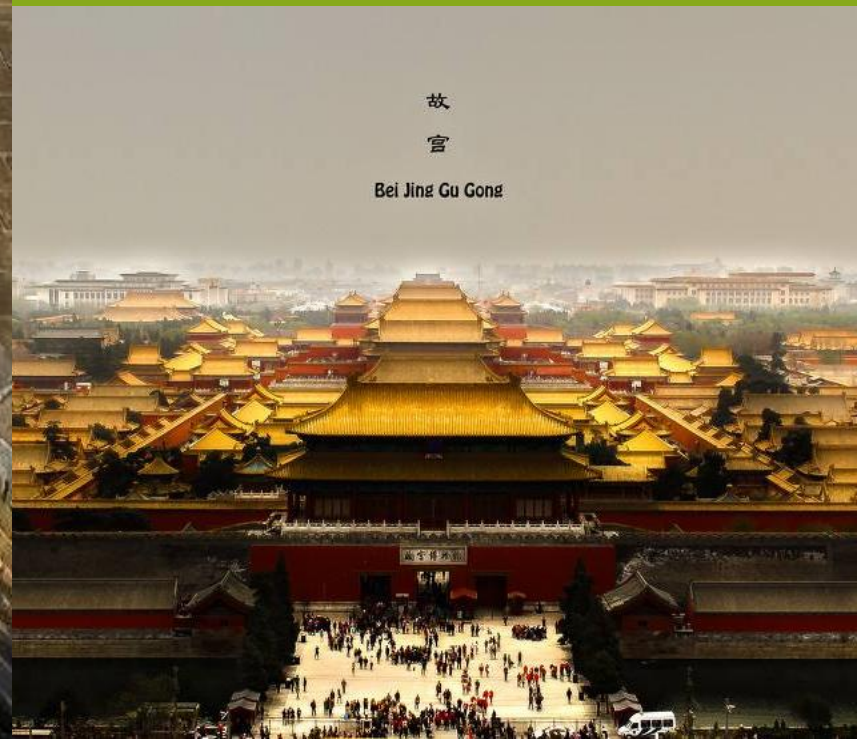
CONCLUSIONS

- Dr. Vodder' s MLD can immediately reduce the volume and the LTW of the affected limb with BCRL
- The improvement of the LTW in stage two was more significant than in stage one
- With a limited number and time-availability of certified Dr. Vodder' s MLD professionals, stage two patients may be given preference for MLD to acquire high cost-benefit ratio





THANK YOU
WELCOME TO BEIJING



故
宮

Bei Jing Gu Gong