

In Support of Lymphedema Risk-reduction Behaviors: Lymphedema is a clinical diagnosis, with variable onset and an often-unpredictable and dynamic clinical course, so any data may have inconsistent interpretation. Empiric, measurable definitions of lymphedema are inherently arbitrary and large, randomized control trials are almost nonexistent. Clinical experience is relevant in a clinically- defined disease. Risk factors vary throughout the literature, and not all risk factors identified-to-date are modifiable. True risk involves damage to both the lymphatic system and the vigor of the lymphatic system. Risk-reduction behaviors include both patient behaviors and medical intervention. Risk-reduction behaviors involve truly-informed decision-making, and should include the medical value of interventions that damage lymphatics, as well as patient behaviors. Clinicians and patients are united in their desire for optimal survivorship and functional outcomes with minimal morbidity, so consensus, patient education, and shared decision-making are imperative.