



Do you have breast cancer-related lymphedema that has been medically diagnosed by a lymphedema therapist or health care provider?



If you live in Mid-Missouri, including St. Louis, you may be eligible for a new study!

*University of Missouri
Sinclair School of Nursing
Columbia, Missouri*

Women breast cancer survivors who have been medically diagnosed with lymphedema and prescribed a self-management regimen by a lymphedema therapist are eligible to participate in this study.

If you enroll:

- You will have your height and weight measured*
- Both arms will be measured with a tape measure*
- Both arms will be measured using an infra-red light (perometry)*
- You will be asked to answer questions about lymphedema and managing symptoms (beginning and end of study)
- You will be asked to complete a self-management treatment diary (beginning and end of the study) Upon receipt of the second treatment diary and questionnaires, you will be given a \$20 gift card in appreciation for your participation.

*There is one on-site visit at the beginning of the study. One group will receive a brochure and one group will receive a brochure **and** attend a one-time interactive theatre performance. After the study has ended, there will be one performance to which everyone will be invited!

These activities will take place at the MU School of Nursing lymphedema research lab Mizzou North Campus (formerly Ellis Fischel Cancer Center) and a community center.

**If interested, please email: leresearch@missouri.edu
Type the words “Theatre Study” in the subject line
or contact Pamela Ostby, PhD(c), RN, OCN®
@ 314/255-6677**

**Pamela Ostby, PhD (c), RN, OCN®, Principal Investigator/Doctoral Nursing Candidate
MU Sinclair School of Nursing at Mizzou North Campus
115 W Business Loop I-70 West, Columbia, MO 65203**

**For questions about the breast cancer survivorship program of research,
you may contact Dr. Jane Armer at armer@missouri.edu or call (573)884-3249.**