

Edema



*What to know
& what to do
in case of edema*

WHAT IS EDEMA?

Edema is the medical term for swelling.

Its definition is "...the accumulation of fluid in the tissues of the body, particularly the skin..."

*Edema can be found only in specific parts of your body (localized) or in the whole body (generalized). The most usual sites of edema are the legs, but it can also be found anywhere, including fingers, around the eyes or even in the abdomen or around the lungs.



Why should you ask for medical help for edema?

- | Edema is a medical symptom that can be caused by many conditions, including heart or kidney disorders.
- | Edema is not a common finding in CLL, however, some drugs may cause edema as an adverse event.

What are the main causes of edema?

- | **Pathologic conditions**, like heart and kidney disorders.
- | **Drugs** may cause edema as an adverse event (ask your physician what to expect and how to handle it).

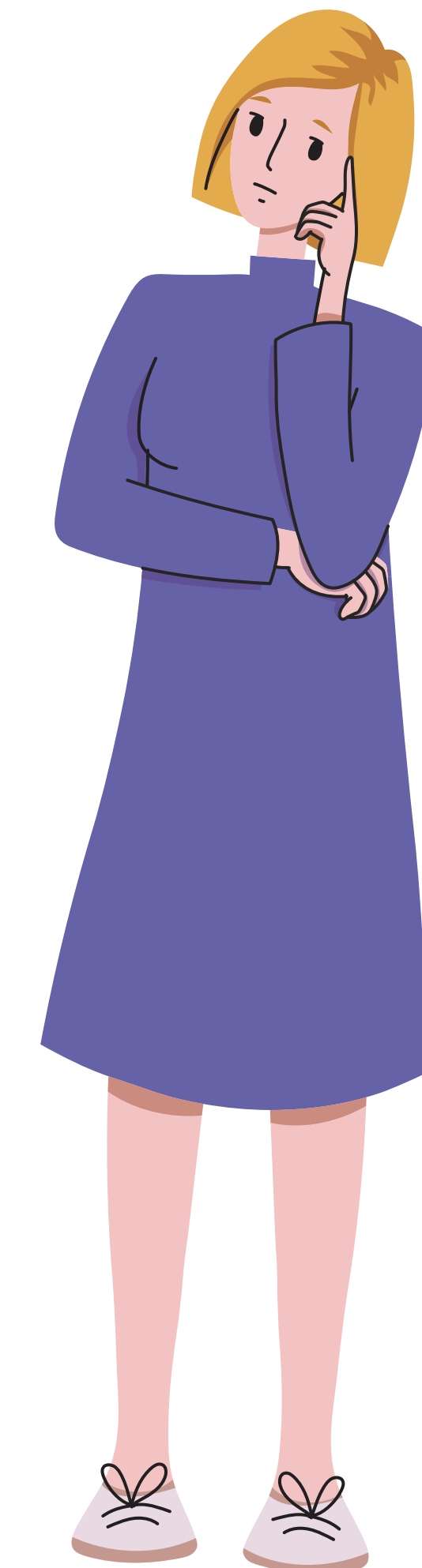
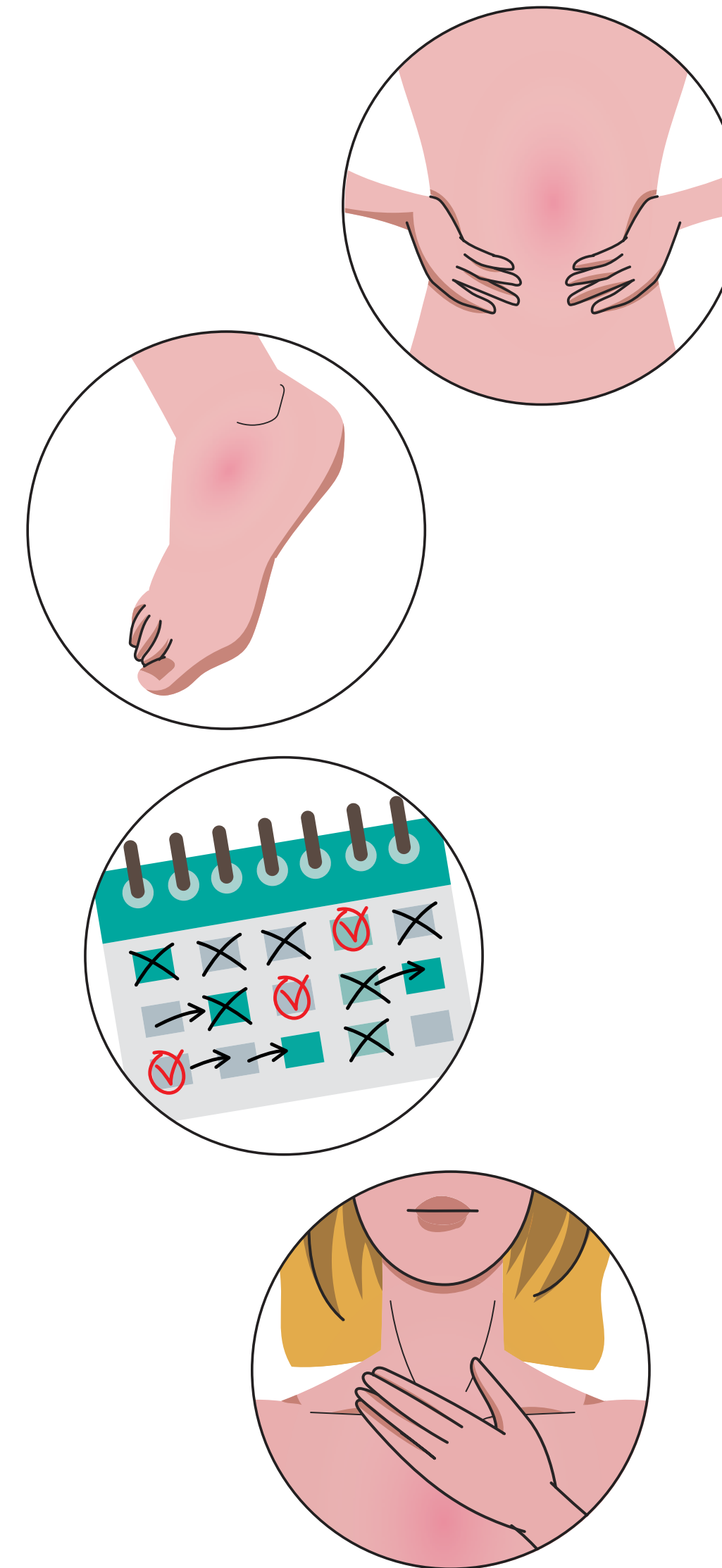
Inform your physician if you have edema, especially when it is associated with the initiation of a new treatment.

What is relevant to notice and report about your edema?

- | **Initiation.** When did your edema start?
If you **associate** edema **with something** in particular.
- | **Changes** in edema. Is it always the same or do you notice changes during the day?
- | **Location.** Where is it located? Is it on both sides of your body or only on one?
- | **Other symptoms** e.g. skin changes, skin soreness, cough, dyspnea, chest pain etc.

You should be immediately alerted if...

- | You notice **sudden, unexplained** edema in just one limb.
- | You experience **chest pain, trouble breathing, coughing up blood or fever.**
- | You notice **skin that is red and warm to the touch.**



AFTER CONTACTING YOUR HEALTHCARE TEAM...

What should you notice? You should ask for help again if...

Outcomes

Your edema persists or is getting worse despite treatment

Edema characteristics
(e.g., location, size)

You notice a change in the characteristics of your edema, like getting bigger or spreading to other parts of your body

New & existing symptoms

You notice any new symptom or your existing symptoms are getting worse (e.g., cough, dyspnea, chest pain, skin changes at the area of edema)

Body weight

You notice an increase in your body weight

Remember! ————— *Follow carefully the instructions of your physician.*

Walk and/or exercise regularly. This will help with fluid circulation.

Avoid wearing tight clothes and underwear.

Check your weight on a daily basis - an increase could be indicative of additional build-up of fluid.

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