

Effectiveness of Mobiderm Autofit in the Intensive Phase of Breast Cancer-Related Lymphedema Treatment: A Case Series

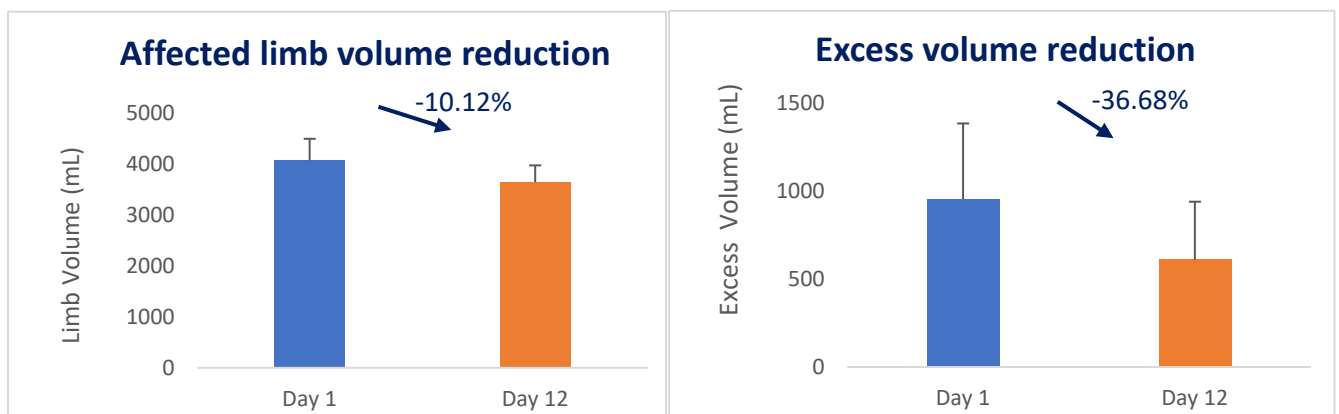
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METHODS

- This case series was performed in Poland in 2021.
- 10 patients with upper limb Breast Cancer-Related Lymphedema (BCRL) were followed for 12 days during the intensive phase of BCRL treatment.
- Treatment combined wearing Mobiderm Autofit with manual lymphatic drainage.
- The outcomes included the changes in the affected limb volume between Day 1 and Day 12, skin suppleness, device pressure, and patient satisfaction.

RESULTS

1 Lymphedema volume reduction with Mobiderm Autofit



A significant reduction in mean affected limb volume was observed in patients wearing Mobiderm Autofit for 12 days ($-420.03 \pm 251.27\text{mL}$, -10.12%).

When considering the excess volume*, the reduction was $343.11 \pm 266.14\text{mL}$ which represents a 36.68% decrease between Day 1 and Day 12.

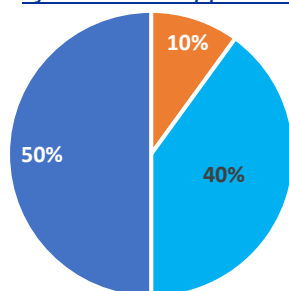
**The excess limb volume is calculated by measuring the difference of volume between the healthy and affected arms. This difference corresponds to the lymphedema volume.*

2 Suitable pressure for the intensive phase

The mean pressure measured under Mobiderm Autofit garment was $30.01 \pm 0.45 \text{ mmHg}$ (measurements with PicoPress®).

3 Perceived improvement in skin suppleness

Patients' opinion on the improvement of their skin suppleness (N=10)

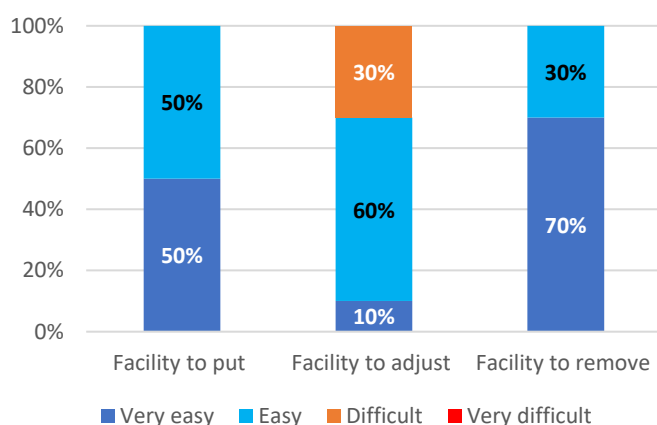


All patients reported an improvement of their skin suppleness between the first and last day of decongestion phase, with nine patients (90%) presenting a total or moderate improvement.

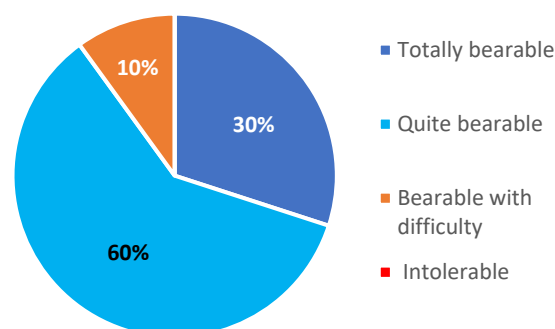
■ Not at all ■ Lightly ■ Moderately ■ Totally

4 High patient satisfaction

Ease of use (N=10)



Patients' opinion on device pressure (N=10)



All patients found the device easy or very easy to put on and to remove, and 70% of them considered it was easy or very easy to adjust. 90 % of patients found the device totally or quite bearable.

Patient satisfaction with device comfort was high, with all patients rating the device as comfortable to very comfortable to wear.

KEY MESSAGES

- Using Mobiderm Autofit during the intensive phase of lymphedema treatment can lead to a significant reduction of lymphedema volume.
- The level of pressure under the device is in accordance with the literature on the intensive phase of lymphedema treatment.
- An improvement of skin suppleness was perceived by all patients wearing Mobiderm Autofit.
- Further studies are required to determine whether Mobiderm Autofit can be considered as an alternative to bandages for the intensive phase of lymphedema treatment, offering easier self-management.