Your guide for swelling and treatment after head and neck cancer.

Tactile MEDICAL®

What is head and neck lymphedema?

Lymphedema refers to swelling that can occur in any part of the body.

Head and neck cancer treatment often requires removal of lymph nodes and damage to vessels, preventing lymphatic fluid from draining in the affected area. This can lead to internal and external swelling.

While there is presently no cure for lymphedema, it can be managed with early diagnosis and diligent care of your affected area.

Signs and symptoms in the head and neck:

- Dysphagia (difficulty swallowing)
- Pain, discomfort, tightness
- Scarring, fibrosis or radiation fibrosis
- Reduced range of motion
- Difficulty breathing
- Internal and external swelling
- Vocal changes or difficulty speaking

DID YOU KNOW:

90%

Lymphedema will develop in more than 90% of head and neck cancer survivors.[1]

Treatment options.

Lymphedema treatment is often multi-modal and may include:

- Manual lymphatic drainage (MLD) — massage by a lymphedema therapist
- Compression garments
- Swallowing exercises
- Physical exercise
- At-home pneumatic compression with the Flexitouch® Plus system

Flexitouch Plus system with ComfortEase™ garments.

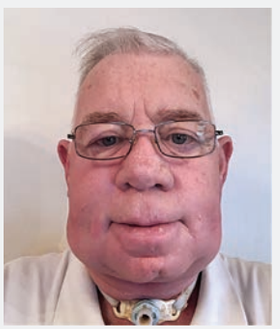
Flexitouch Plus system.

The Flexitouch Plus system gives cancer survivors a comfortable and convenient way to self-manage lymphedema from the comfort and privacy of your home.

- Applies mild dynamic pressure to stimulate the lymphatic function, similar to manual lymphatic drainage
- Directs fluid away from the impaired region of the head and neck toward healthy functioning central lymphatics where the fluid can be filtered and recirculated
- Is an at-home solution for daily management and symptom relief in only 32 minutes

Tactile Medical is the only company that offers a pneumatic compression device for the head and neck region.

ACTUAL PATIENT RESULTS WITH FLEXITOUCH PLUS:



JOHN R. BEFORE

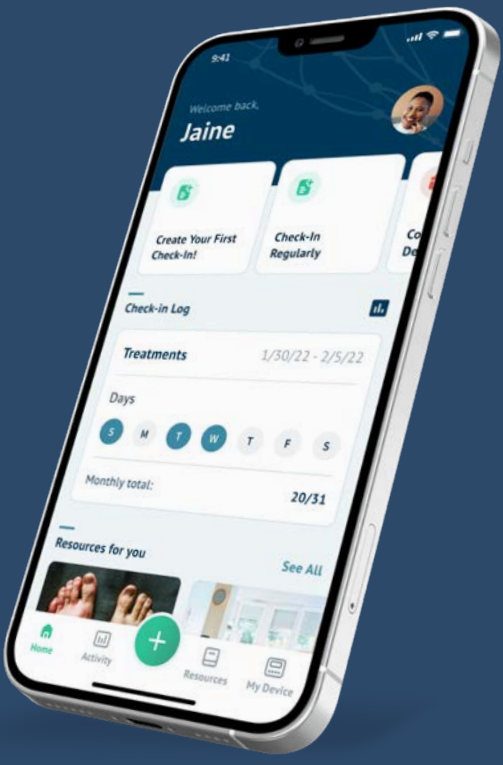
JOHN R. AFTER EIGHT MONTHS

Meet Kylee.™

Your personal assistant for chronic swelling.

Stay supported with Kylee, an easy-to-use mobile app that helps you:

- **LEARN** about lymphedema.
- **TRACK** your symptoms and treatments.
- **SHARE** your progress with your doctor.



GET IT ON Google Play

Download on the App Store

WE MAKE ORDERING EASY!

Flexitouch Plus is available by prescription only and is covered by many health plans. Once prescribed, we will work with your healthcare team and insurance provider to process your order.

To learn more, visit tactilemedical.com or call 833.3TACTILE (833.382.2845).

LEARN HOW TO MANAGE YOUR CONDITION FROM THE COMFORT OF HOME AT TACTILEMEDICAL.COM

Individual results may vary.

Indications for Use: The Flexitouch Plus system and garments for legs, arms, trunk, and chest are intended for use by medical professionals and patients who are under medical supervision, for the treatment of many conditions such as: lymphedema; primary lymphedema; post mastectomy edema; phlebolymphedema; lipedema; edema following trauma and sports injuries; post immobilization edema; venous insufficiency; reducing wound healing time; treatment and assistance in healing stasis dermatitis, venous stasis ulcers, or arterial and diabetic leg ulcers. The Flexitouch Plus system and garments for the head and neck are intended for use by medical professionals and patients who are under medical supervision for the treatment of head and neck lymphedema.

Contraindications: Contraindications, warnings, and instructions for use can be found in the product labeling supplied with each device.

Caution: Federal (U.S.) law restricts this device to sale by or on the order of a licensed healthcare practitioner.

Reference:

1. Ridner, S.H., et al., A prospective Study of the Lymphedema and Fibrosis Continuum in Patients with Head and Neck Cancer. *Lymphat Res Biol,* 2016. 14(4): 198–205

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