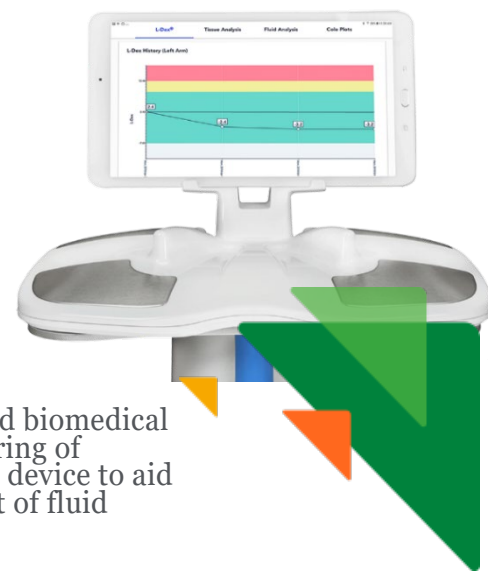


Breast Cancer Lymphedema Surveillance Program

Our Physicians:
Patrick Martone, DO
Elisa Alpert, MD
Susan Maltser, DO



The Lymphedema Surveillance program at Northwell Health utilizes advanced biomedical technology to assist with early detection of lymphedema and ongoing monitoring of treatment. Our physicians use noninvasive bioimpedance spectroscopy (BIS) device to aid in the assessment of secondary lymphedema and to deliver a precise snapshot of fluid status and tissue composition in less than 30 seconds.

What is Lymphedema?

- Lymphedema occurs from a disruption of your lymphatic channels that can result in swelling, heaviness or tightness in your arms or chest wall. It can occur after surgery, radiation, or chemotherapy.

Why Lymphedema Surveillance Matters?

- When lymphedema is caught early, it can be treated and stopped before it gets worse.

How do we perform Lymphedema Surveillance?

- If you are at an increased risk for lymphedema, your breast surgeon will refer you to our program.

Prevention Program

- We perform baseline measurements before any of your cancer treatments.
- We then monitor you for any changes every few months for up to 2-5 years.
- If early-stage lymphedema is detected, early intervention is initiated which could include a compression sleeve and/or a physical therapy program.
- We will provide education on lymphedema and its prevention/treatment.

How do we perform surveillance?

- Your breast surgeon will refer you to a Cancer Rehabilitation Physician who will examine you for signs and symptoms of lymphedema.
- We will also utilize a device called the SOZO. This is a device that provides a score that can help to detect lymphedema before you feel any signs or symptoms.
- It is just as simple as stepping on a scale and only takes 30 seconds to complete.

Physician Locations:

1554 Northern Boulevard, 4th Floor
Manhasset, NY 11030

46 Brentwood Road
Bay Shore, NY 11706

270 Pulaski Road, Suite D
Greenlawn, NY 11740

440 East Main Street
Bay Shore, NY 11706

896 Old Country Road
Riverhead, NY 11901

815 Hallock Avenue
Port Jefferson Station, NY 11776



For appointments, call (833) 480-0538
Email: CancerRehab@northwell.edu
Visit us at: Northwellhealth.edu/rehab