



Could yoga help women with breast cancer-related lymphoedema?

Breast cancer-related lymphoedema (BCRL) requires lifelong management to improve swelling, reduce associated discomfort or loss of shoulder movement, and to decrease the risk of infection.

A specialised yoga sequence for lymphoedema may help with symptoms, improve quality of life, and help participants to develop self-efficacy by providing an approach that they can continue to use for well-being into survivorship.

Researchers at NICM Health Research Institute (Western Sydney University) are seeking participants to take part in a study investigating whether yoga can reduce symptoms and help manage breast cancer-related lymphoedema.

Who can join?

- Women aged over 18 years living in Australia.
- Have been diagnosed with early stage breast cancer-related lymphoedema.
- Have adequate general health to undertake yoga.
- Are not currently doing yoga more than once a week.
- Are able to read and understand English.
- Have regular access to a web camera and reliable internet.



What's involved?

- Complete a 12-week online yoga program with a qualified yoga teacher
- Participants will attend one group yoga class per week.
- Complete a series of questionnaires at the start and end of the study.
- All yoga sessions will be conducted online using Zoom video conferencing platform.

**For more information, please contact
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This study has been approved by Western Sydney University Human Research Ethics Committee (Approval Number: H14194) and St Vincent's Hospital Human Research Ethics Committee (Approval Number: 2020/ETH02315).