



PATIENT SUCCESS STORY

From Breast Cancer to Better Lymphedema Management, Keri's Success Story

"Living with lymphedema has been a journey of learning, advocating, and finding the right tools that truly make a difference. Switching to the AIROS pump and truncal garment gave me the comfort and relief I had been searching for."

My Diagnosis

In 2018, at the age of 38, I was diagnosed with stage three triple-positive breast cancer. My treatment included chemotherapy, a bilateral mastectomy with 11 lymph nodes removed, and 25 rounds of radiation.

Shortly after surgery, I began experiencing swelling and a full, heavy feeling in my chest wall and ribs. That's when I was referred to a lymphedema therapist and officially began my journey managing lymphedema.

Early Management

At first, my lymphedema was controlled with manual lymphatic drainage (MLD), self-massage, and compression garments. I wore a sleeve and chest compression tank, especially when traveling or in hot climates. For a while, this routine kept things under control.

But after moving from Washington to Tennessee, the humid climate triggered flare-ups. I had to start wearing compression more often, and I noticed that my body responded differently to treatment than most people. I needed firmer touch during MLD and a more individualized care plan. Thankfully, my physical therapist listened and adjusted my treatment approach.

Discovering Pneumatic Compression

About six months into treatment in Tennessee, my therapist introduced me to pneumatic compression. I knew it could be helpful, but my first pump wasn't a great fit. It required padding in certain areas, and I often struggled to get it to work comfortably around my chest and axilla.

Eventually, I switched to the AIROS 8P pump and truncal garment – and it was a game changer. The fit was so much better, especially around tricky areas like my chest and elbow. With this device, I started seeing measurable reductions in swelling, even in my wrist and hand after surgery. My physical therapist tracked my progress, and the data helped prove that the AIROS pump was the right fit for me.

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In time, I underwent lymphatic surgery (LVA) to help connect my lymphatic system to my venous system. Post-surgery, the AIROS pump and truncal garment became even more important in my routine. They gave me consistent, measurable relief – helping to manage swelling and maintain the progress from surgery.

I typically use my pump at the end of the day. Not only does it reduce swelling, but it also helps me relax. Many nights I even fall asleep during treatment – it's become part of my calming nighttime routine.

Advice for Others

If I could share one piece of advice, it's this: listen to your body. Don't dismiss symptoms as "just soreness" or "muscle tightness." Early intervention is key. Ask questions, advocate for yourself, and work with providers who are willing to adjust treatment to your unique needs.

I've also learned that research continues to evolve. For example, I once believed weight training might harm my condition, but I discovered it actually helps my body and lymphatic system. Education and self-advocacy have been crucial parts of my journey.

Moving Forward

Today, I feel well-managed and confident in my care. The combination of surgery, compression therapy, and the AIROS pump with truncal garments allows me to live fully, stay active, and maintain my health.

"AIROS has given me a tool that's not just effective but practical – easier to fit, easier to use, and part of how I keep living my life without letting lymphedema hold me back."

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