Impact of lymphedema and arm symptoms on quality of life in breast cancer survivors.
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Self-Assessment Quiz

1. The authors state that the majority of patients develop arm edema after how many years following treatment?
   A. one year  
   B. four years 
   C. seven years 
   D. ten years.

2. What percentage of patients struggle with arm problems after 5 years post-treatment?
   A. 10%   
   B. 24%  
   C. 38%  
   D. 46%

3. The Coppersmith Self-Esteem Inventory is:
   A. a measure of optimism. 
   B. a measure of quality of life on a visual analogue scale. 
   C. a 15-item measure of life satisfaction or the cognitive or judgmental aspect of subjective well-being. 
   D. a measure of patients’ attitudes toward themselves.

4. Which QOL assessment instrument is the most widely used generic health profile?
   A. Medical Outcome Study (SF-36)  
   B. Temporal Satisfaction of Life Scale
5. The majority of patients in the PAL study were:

A. African American  
B. Caucasian  
C. Hispanic  
D. Asian

6. Most of the lymphedema patients fell into which Common Toxicity Criteria (CTC):

A. 2  
B. 0  
C. 3  
D. 4

7. The study concludes that:

A. the QOL has no relationship to arm symptoms.  
B. the QOL in patients without lymphedema is not affected by the number of arm symptoms.  
C. the number of arm symptoms correlates significantly with QOL in patients with and without lymphedema  
D. the number of arm symptoms correlates significantly with QOL only in patients with lymphedema.

8. Which of the following are most closely related to QOL outcomes?

A. heavy limb  
B. pain  
C. difficulty writing  
D. rings too tight on the involved side.

E.

9. What percentage of the PAL cohort reported experiencing pain on the side of the body treated for breast cancer?
A. 30%
B. 30
C. 60%
D. 50%

10. Of those patients without lymphedema, what percentage reported at least two symptoms?

A. 51%
B. 7%
C. 30%
D. 20%