Medicine and Public Health
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🔹 Join Our Lymphoedema Self-Management Study

Do you have a history of breast cancer?

Are you currently at risk of, or living with, breast cancer-related lymphoedema?
If you're aged 18 or older and can read and understand English — this study is for you!

We're inviting you to take part in a research study to test a new website called **LeanOn**, designed to support self-care and improve quality of life for people like you.

We are pleased to inform you that this project has been approved by Flinders University's Human Research Ethics Committee (Project ID 8863).

Through this platform, you'll:

- Access reliable, evidence-based information
- Receive a personalised care plan
- Use simple tools to track your symptoms and progress
- Help us evaluate how well the platform supports self-management

What's Involved?

1. **Read & Consent**

Scan the QR code or click the link to read the Participant Information Sheet.

If you're happy to take part, complete the Consent Form and a short baseline questionnaire.

https://researchsurvey.flinders.edu.au/surveys/?s=YP8NMRJDAAE8PXFJ

2. **Use the Platform**

You'll receive login instructions to access LeanOn, where you can explore tailored education, self-care resources, and a monitoring tool at your own pace.

3. **Complete Short Surveys**

We'll ask you to complete follow-up surveys at Week 6 and Week 12, plus an optional interview to share your feedback on the platform.

Why Join?

- Try a supportive, easy-to-use platform created with people like you
- Build confidence in managing your health
- Contribute to improving support tools for breast cancer survivors
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If you have any questions or need help, contact a Research Coordinator at info@mylean.online, or:

Please contact a Research Coordinator:
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