**Abstract**

**Lymphoedema: An Important Complication in a Cancer-Affected Population in Kinshasa, DR Congo**

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**Introduction**

Cancer, regardless of its type, is associated with various complications. Among these, pain, physical deconditioning, and respiratory insufficiency can be noted. In recent years, vascular disorders such as lymphedema and venous edema have been mentioned in several international scientific publications. However, this post-cancer vascular approach is largely absent in the management of cancers in many developing countries, including DR Congo. Several factors contribute to this situation, including insufficient training of healthcare personnel, lack of diagnostic and treatment equipment, and the absence of specialized hospital infrastructures.

**Objectives**  
The main objective of the study is to highlight the significance of lymphedema within the arsenal of post-cancer complications. Secondarily, the study will identify the rehabilitation techniques used to manage vascular disorders and other complications resulting from cancers, particularly breast cancer.

**Materials and Methods**  
An analysis of 189 cancer cases was conducted over two years in two hospitals in Kinshasa. Various types of complications were recorded during the patients' hospital stay. For each patient undergoing rehabilitation, the technique used to manage existing complications was noted. Special attention was given to lymphedema following breast cancer due to its exceptional nature in the local context.

**Results**  
The results show that several complications were observed, present in almost similar proportions. Specifically, it was found that:

* Pain was present in 82% of cases
* Physical deconditioning with functional impairment was observed in 79% of cases
* Respiratory issues characterized by bronchial congestion, ventilatory asynchrony, and dyspnea were present in 76% of cases
* Vascular disorders, including lymphedema and venous edema, were noted in 77% of cases.

**Conclusion**  
Vascular disorders such as lymphedema and other venous edema are significant complications of cancers. Lymphedema appears to be particularly associated with breast cancer. These vascular complications are generally consequent to the progression of cancer or the treatments undertaken to address it. Therefore, healthcare professionals need to focus on all complications to ensure comprehensive and total management of cancer-affected individuals.

**KEYS WORDS : BREAST CANCER- LYMPHOEDEMA- REHABILITATION-COMPLICATIONS**