

Skin and Flexibility Photos

Long Term Follow Up (LTFU)

Description

The reason we ask for photos of your skin and joints is so that we can look for new or changing chronic GVHD (Graft Versus Host Disease) after your transplant. We may request that you take the following types of photos and send them to ltfu@seattlecca.org so that a LTFU nurse can review them with the LTFU physician.

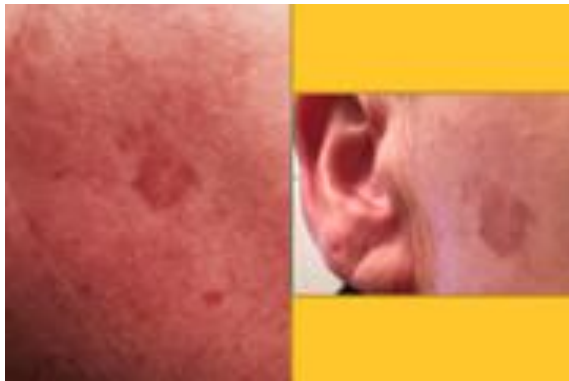
Flexibility (joint) photos

- Namaste greeting pose: palms touching in front of your chest. In this pose, your hands should be held tightly together and brought down as low on the belly as possible. If the palms of the hands start to pull away from each other as you lower them, the hands probably should come up a little higher, so palms can be fully touching.
- Arms straight out to your sides, create a straight line with your arms and shoulders, palms facing up like you are holding two platters. To help us see the skin on your upper arms, please wear a sleeveless shirt.
- Arms straight up towards the ceiling, palms facing each other, shoulders relaxed and down.
- Remove shoes and socks, ankles flexed, toes toward your shin (okay to be done while seated for safety).



Skin photos

- Take a close photo (several inches away from your skin) to show the color and texture.
- Take a photo from further away to show the size, pattern and location of any rashes.
- If your skin is stiff or thickened, take a photo while you or a caregiver pinches the skin.



Send your photos to LTFU

Send your high-resolution, well-lit photos as JPEG (or jpg) files to LTFU by email attaching them to ltfu@seattlecca.org. Include your first and last name with the email. LTFU can receive up to 16 megabytes with each email. If your files are large, you may need to send multiple emails.

An LTFU RN might contact you to discuss your photos and symptoms before taking your case to LTFU rounds. After rounds, the LTFU RN will be in touch with you and your local providers with any recommendations from the LTFU team.

LTFU program and services

LTFU is the consult service for survivors who have had a bone marrow, peripheral blood stem cell, or umbilical cord blood transplant at Fred Hutch or Seattle Cancer Care Alliance (SCCA).

- Fred Hutch physicians and researchers work in partnership with a patient's local providers to resolve medical problems and to gather information for research.
- LTFU telemedicine is available for phone or email consultation for patients and/or their local providers Monday-Friday from 8 am to 4 pm PST.
- LTFU clinic sees transplant survivors at routine intervals or as needed for chronic GVHD evaluations.

Contact us

If you have any questions about taking or sending your photos to LTFU, please contact us:

- Phone: (206) 667-4415
- Email: ltfu@seattlecca.org
- Website: <http://www.fredhutch.org/en/treatment/long-term-follow-up.html>
- Address:
SCCA LTFU
825 Eastlake Avenue East
MS: LF-240
Seattle, WA 98109