

Case study of scrotal oedema in a 75 year old patient with metastatic cancer of the prostate

Reasons for report

There has recently been a lot published about the use of the Whitaker pouch available from Medi UK in the management of scrotal oedema but in clinical practice at the Lymphoedema clinic, University Hospital of North Staffordshire, the **ETO 11P** scrotal garment available from Haddenham Healthcare has proved to be a suitable alternative.

Case Description

Bill (name changed to protect anonymity) a 75 year old patient with metastatic cancer of the prostate developed severe scrotal swelling whilst receiving palliative chemotherapy. The swelling caused him great distress, anxiety and fear and he was unable to wear underpants and many styles of trousers. He did not wish to attend for intensive lymphoedema treatment as he was the main carer for his wife with dementia.

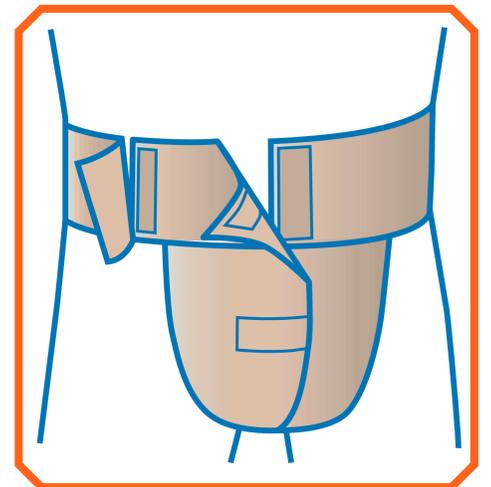
His scrotal swelling was making both standing and sitting very difficult. Bill had to prepare all the meals and sat by perching on the edge of a chair and could only remain like this for short periods which proved to be a real challenge when receiving his chemotherapy. Many activities of living became very difficult and Bill could not get comfortable in bed at night as he found turning over very painful.

He was seen for initial assessment in the Lymphoedema clinic, given advise on positioning and skincare and measured for **Eto 11P**. This requires three simple measurements, waist (A), circumference of the scrotum (B) and suprapubic area to perineum (C).

As this is an individually measured item and in order to reduce costs an insert can be used at the start of treatment and then removed as the volume of oedema reduces. The Velcro® nature of the garments allows significant adjustment for size and if the patient's condition changes at any time e.g. infection/progression of disease the insert may be used again if necessary.

The patient should be fitted with the garment by the Lymphoedema clinic wherever possible to ensure a good fit and correct application.

Bill was delighted with the comfort of the garment and very impressed with the fit. He felt that it was a very appropriate garment and stated that he did not feel “trussed up” as he had expected to.



Discussion

The **Eto 11P** is an essential tool in the management of patients with moderate and severe scrotal swelling, especially if there are any skin changes. The comfort from the expert design of the garment is almost instantly apparent and it's acceptability to men because of this is very good.

The key features of the garment are:

- Designed by men for men
- Side opening for those unable to stand
- Perineum pad
- Soft brushed cotton
- Fully adjustable Velcro® (can apply a dressing under) and insert now available
- Reduces oedema
- Fully machine washable (including insert)
- The only garment available which is suitable for outsize scrotal swelling (e.g. filariasis)
- Wide deep belt

	Initial Measurements (cm)	After 4 Weeks with ETO 11P (cm)
A - Waist	112	113
B - Circumference of the scrotum	38	33
C - Suprapubic area to perineum	43.5	40.5

He was also able to do a number of things with much more ease:

- Mobilise – prior to treatment Bill was only able to stand for a few minutes e.g. to peel some potatoes and then he had to sit down on the edge of a stool. After treatment he could stand for 30 minutes to prepare vegetables and to cook them.
- Sit down comfortably
- Turn over in bed with less pain
- Have more choice of underpants, trousers
- “worry less” the scrotal swelling caused Bill great distress and fear.