

# Skin and Flexibility Photos Long-Term Follow-Up (LTFU)

This handout explains why we ask for photos of your skin and flexibility, what pictures to take, where to send them, and how to contact us with questions.

## Why do I need to take photos of my skin and flexibility?

The reason we ask for photos of your skin and flexibility is so that we can look for new or changing chronic GVHD (Graft Versus Host Disease) after your transplant.

## What photos should I take?

Please take all of the photos noted below: A, B, C, D and 1, 2, 3.

### Flexibility (joint) photos

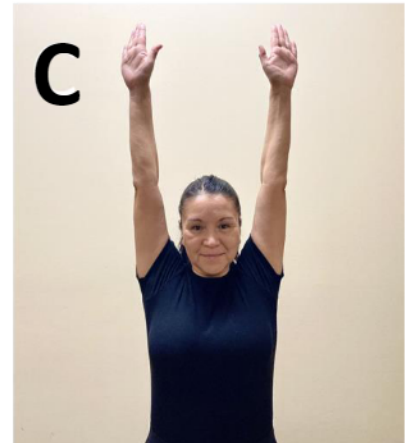
- A. Greeting or prayer pose: Touch your palms in front of your chest. In this pose, your hands should be held tightly together and brought down as low on the belly as possible. If the palms of the hands start to pull away from each other as you lower them, bring your hands up a little higher, so your palms are fully touching.



- B. Hold your arms straight out to your sides, creating a straight line with your arms and shoulders, with your palms facing up like you are holding two platters. To help us see the skin on your upper arms, please wear a sleeveless shirt.



- C. Hold your arms straight up towards the ceiling with your elbows at your ears and your palms facing the camera, with your shoulders relaxed and down.



- D. Remove your shoes and socks. Flex your ankles and toes toward your shin. For your safety, please do this while you're sitting down. Take the photo from the side, not from above.



### Skin photos

1. Take a close photo (several inches away from your skin) to show the color and texture.



2. Take a photo from further away to show the size, pattern and location of any changes.



3. If your skin is stiff or thickened, take a photo while you or a caregiver pinches the skin.



### Where do I send my photos?

Please email your photos to [ltfu@fredhutch.org](mailto:ltfu@fredhutch.org) so that an LTFU nurse can review them with the LTFU physician. 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 nurse might contact you to discuss your photos and symptoms before discussing them with an LTFU physician. After they speak with a physician, the LTFU RN will be contact you and your local providers with any recommendations.

### Questions?

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

Phone: (206) 667-4415

Email: [ltfu@fredhutch.org](mailto:ltfu@fredhutch.org)

Web: [fredhutch.org/ltfu-transplant](http://fredhutch.org/ltfu-transplant)

Fred Hutch LTFU

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#### 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 Fred Hutchinson Cancer Center.

- 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 consult 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.