

Pathfinder Series: Lymphedema

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

100 Questions and Answers about Lymphdema / Saskia R.J. Thiadens, Paula J. Stewart, Nicole L. Stout

Call number: 1.1.21 2010

A practical and easy to understand guide that can help in the understanding of lymphedema. Includes information on how to cope with symptoms, what treatments are available and much more.

Let's Talk Lymphoedema: The Essential Guide to Everything You Need to Know / Peter Mortimer and Gemma Levine

Call number: 1.1.19 2017

Let's Talk Lymphoedema has been written to help sufferers deal with its debilitating effects, providing information and inspiration to help them lead rich, vibrant lives. It features contributions from international experts and personalities such as Miriam Stoppard, and the actress Kathy Bates, who herself suffers from the condition.

Lymphedema Caregiver's Guide: Arranging and Providing Home Care / Mary Kathleen Kearse, Elizabeth McMahon, Ann Erlich

Call number: 1.1.18 2009

A complete guide to living and coping with lymphedema. Written for patients, caregivers, therapists with information about treatment, emotional care and support, equipment and bandages and much more.

Lymphedema and Lipedema Nutrition Guide: Foods, Vitamins, Minerals and Supplements / Chuck Erlich, Emily Iker, Karen Louise Herbst

Call number: 8.1.2 2016

Eat to starve lymphedema and lipedema by having foods that fight these conditions (and cancer) and avoiding foods that contribute to symptoms or related conditions. Learn how food choices affect both conditions and how better nutrition can improve symptoms (including pain) and delay changes associated with progression to more advanced stages.

Websites

Alberta Lymphedema Association

<https://albertalymphedema.com/>

This charitable organization strives to support, empower, and advocate for those impacted by lymphedema to promote optimal health. The ALA is committed to ongoing education of its stakeholders and works from the patient standpoint.

BC Lymphedema Association

<https://bclymph.org/>

The BC Lymphedema Association's mission is to promote optimal healthy living with lymphedema, advance awareness and knowledge about lymphedema and advocate on behalf of people and families affected by lymphedema. Their website lists recommendations for videos, books, clothing & footwear, and exercise.

Lymphedema Association of Ontario

<https://www.lymphontario.ca/>

The Lymphedema Association of Ontario works to improve access to quality lymphedema information, resources and services across Ontario and beyond. Their website contains information about risk reduction, treatment, clinical guidelines, and therapist certification. It also includes many helpful resources such as a directory of CDT therapists, fitters, suppliers, hospital clinics, support groups, and financial assistance.

LymphNotes.com

<http://www.lymphnotes.com/>

Lymph Notes are dedicated to providing information, resources, community and online connection with others, and support for research into lymphedema causes, treatments, and cures. Their website includes a lymphedema glossary, nutrition guide, as well as personal stories.

Lymphoedema Support Network

<https://www.lymphoedema.org/>

This UK-based patient support organization takes the lead role in educating and supporting patients by providing a high standard of information and promoting self-help. Their website includes useful articles, personal stories, and self-management videos.