

# Hamilton Area Lymphedema Resources

Lymphedema therapists offer combined decongestive therapy (CDT). This may include in-depth assessment, education, manual lymph drainage and the use of compression garments.

## Lymphedema therapists (ADP\*\* Authorizers)

Alison Tracey	RMT CDT	365-999-1056	Hamilton
Suzanne Staresinic	RPT CDT	905-309-1400 905-973-0480	Grimsby Waterdown
Tanya Hamlet	RMT CDT	905-332-6542	Burlington
Elena Bamm	RPT CDT	905-528-3459	Dundas
Taffina Marley	RPT CDT	905-690-9090	Waterdown
Pam Renneberg (Monarch)	RMT CDT	519-751-7096 ext. 3414	Brantford
Beverley Speechley	RMT CDT	519-770-3498	Brantford
Vivian Dim	OT CDT	289-897-8707	Beamsville

## Lymphedema therapists (not ADP authorizers - therapy only)

Jen Beck (ADP Fitter)	RPT CDT	905-628-1000	Dundas
Pam Tuffnell	RMT CDT	289-337-4622	Burlington

## Compression Garments/Fitters with ADP

<b>Hauser's Pharmacy</b> Nadine Vanderschee	1010 Upper Wentworth St.	905-381-4420	Hamilton
<b>Stonechurch Pharmacy</b>	25 Redmond Dr., Unit 3	905-574-2828	Hamilton
<b>Rexall (Store #8205)</b> Laura Marcaccio-Ormerod	1119 Fennell Ave. E	905-385-7072 ext. 4	Hamilton
<b>The Health Centre Integrative Therapies</b> Jen Beck	86 Main St., Unit B	905-628-1000	Dundas
<b>Head to Foot Oasis</b>	5115 Harvester Rd., Unit 11A	905-332-6542	Burlington
<b>Coulter's Pharmacy and Home Health Care</b> Bonnie Smith	1709 Dundas St.	519-451-0750 519-868-5860(cell)	London

\*\*ADP is the Assistive Devices Program – see next page for details

Ontario patients with lymphedema can get help paying for compression garments through the **Assistive Devices Program (ADP)**:

- An initial ADP application and renewal every 2 years is required.
- If you qualify and your application is approved, the ADP program covers 75% of the cost and you pay the remaining 25%. If you have supplemental insurance, you can submit invoices for refund.
- To complete your application, you will need to see a lymphedema therapist who is an ADP Authorizer and a vendor, who is an ADP Fitter.
- For help completing your ADP forms, ask your team to connect you with a social worker from JCC's Psychosocial Oncology Program (PSO) or call 905-387-9711 extension 64315.
- For more details visit the Ontario Assistive Devices Program:  
[http://www.health.gov.on.ca/en/public/programs/adp/pub\\_adp.aspx#](http://www.health.gov.on.ca/en/public/programs/adp/pub_adp.aspx#)



To access up-to-date lymphedema information, exercises, and a video of what you can do to reduce symptoms of lymphedema visit:

**Hamilton Health Sciences - Lymphedema:**

<https://www.hamiltonhealthsciences.ca/areas-of-care/cancer-care/community-services/>



You can also go to [www.hamiltonhealthsciences.ca](http://www.hamiltonhealthsciences.ca)

Click on *Areas of Care*

From the dropdown menu, choose *Cancer Care*

On the right hand side click on *Community Services and Resources*

Click on *Lymphedema* (5<sup>th</sup> on the list)

For more lymphedema information, support and resources visit:

**The Lymphedema Association of Ontario:** [www.lymphontario.ca](http://www.lymphontario.ca)

