

# Pathfinder Series: Lymphedema

---

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

## Books

***It's Not Just a Swelling! Lymphedema: Causes, Prevention, Treatment, Self-Management*** / Joachim E. Zuther

Call number: 1.1.24 2022

- up-to-date and comprehensive guide with 133 images
- causes, stages, complications, risk reduction, prevention, treatment, traveling with lymphedema, and 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

- written to help sufferers deal with debilitating effects, providing information and inspiration to help people lead rich, vibrant lives.
- contributions from international experts and personalities such as Miriam Stoppard and the actress Kathy Bates.
- free download available: <https://lymphaticnetwork.org/living-with-lymphedema/lets-talk-lymphoedema-download>



***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.
- 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.

***The Complete Lymphedema Management and Nutrition Guide*** / Jean LaMantia and Ann DiMenna

Call Number: 1.1.25 2019

- written by a physiotherapist and a dietician.
- diet and exercise, risk reduction, skin care, compression garments, reducing chronic inflammation, meal planning, recipes, and more.

## Websites

### Alberta Lymphedema Association

<https://albertalymphedema.com/>

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



### BC Lymphedema Association

<https://bclymph.org/>

- 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.
- lists recommendations for videos, books, clothing & footwear, and exercise.



### Canadian Lymphedema Framework

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

- various helpful resources such as videos, links to provincial lymphedema associations, news and events, an online marketplace, personal stories and more.
- subscribe to the CFL's official publication, Pathways; Canada's only lymphedema magazine.



### Lymphedema Association of Ontario

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

- works to improve access to quality lymphedema information, resources and services across Ontario and beyond.
- risk reduction, treatment, clinical guidelines, therapist certification, directory of CDT therapists, fitters, suppliers, hospital clinics, support groups, and financial assistance.



### LymphNotes.com

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

- dedicated to providing information, resources, and connection with others as well as support for research into lymphedema causes, treatments, and cures.
- website provides a lymphedema glossary, nutrition guide, and personal stories.



### Lymphoedema Support Network

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

- UK-based patient support organization.
- educates and supports patients by providing a high standard of information and promoting self-help.
- website includes useful articles, personal stories, and self-management videos.

