The purpose of this guide is to help you find information and support on lymphedema. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of the materials in this guide can be found at the Patient Education Resource Center (PERC) in the University of Michigan Comprehensive Cancer Center, Level B2.

**Brochures and Fact Sheets**

- CancerCare. *Coping with Lymphedema.* Available online at: [http://goo.gl/u43t9K](http://goo.gl/u43t9K)

**Books**


**Audiovisual Resources**

- National Lymphedema Network has the following educational videos:
  - *What is Lymphedema?*
  - *Signs and Symptoms*
  - *Lymphedema for Cancer Patients*

  These and other videos are available online at: [http://lymphnet.org/overview/lymphedema-awareness-campaign/educational-videos](http://lymphnet.org/overview/lymphedema-awareness-campaign/educational-videos)

**Web Resources**

- **Lymphatic Education & Research Network**
  [http://lymphaticnetwork.org](http://lymphaticnetwork.org)
  Their mission is to fight lymphatic disease and lymphedema through education, research, and advocacy.

- **LymphNotes.com**
  [http://lymphnotes.com](http://lymphnotes.com)
  This site provides lymphedema information and resources.

- **National Lymphedema Network**
  [http://lymphnet.org](http://lymphnet.org)
  This site provides education and guidance to lymphedema patients, healthcare professionals, and the general public by offering information about risk reduction and the management of primary and secondary lymphedema.

**University of Michigan Resources**

- **Lymphedema Education Class**
  This class is given by Lymphedema experts from the Michigan Medicine Departments of Physical & Occupational Therapy. Participants will gain an understanding of upper extremity lymphedema, and the resources available to manage it.
  This class is offered at the Cancer Center on the second Tuesday each month from 1:30 to 2:30 p.m.
Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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