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 these materials are available to purchase through online resources, or to borrow at your public library.

**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:
  
  o *What is Lymphedema?*
  
  o *Signs and Symptoms*
  
  o *Lymphedema for Cancer Patients*
    
    These and other videos are available online at:
    

**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.