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**

  Available online at: https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/lymphedema.html

- CancerCare. *Coping with Lymphedema.*
  Available online at: https://media.cancercare.org/publications/original/78-fs_lymphedema.pdf?1459950544

  Available online at: http://www.lbbc.org/sites/default/files/Lymphedema%20PDF%202015.pdf

- National Cancer Institute. *Lymphedema (PDQ).*
  Available online at: https://www.cancer.gov/about-cancer/treatment/side-effects/lymphedema/lymphedema-pdq

**Books**


• Thiadens, Saskia R.J. et al. **100 Questions & Answers about Lymphedema.** Sudbury, MA: Jones and Bartlett Publishers, 2010.

**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.
http://mcancer.org/support/learning-about-cancer/lymphedema
This class is offered at the Burlington Building, 3rd Floor, Suite 3000, 325 E. Eisenhower Parkway, Ann Arbor, MI 48108 on the second Tuesday each month from 1:30 to 2:30 p.m. Registration required, please phone 734-615-4012.