

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

- American Cancer Society. **Lymphedema: What Every Woman with Breast Cancer Should Know.**
Available online at:
<http://goo.gl/HdJC9A>
- CancerCare. **Coping with Lymphedema.**
Available online at:
<http://goo.gl/u43t9K>
- Living Beyond Breast Cancer. **Guide to Understanding Lymphedema.**
Available online at:
<http://goo.gl/xe2U4m>
- National Cancer Institute. **Lymphedema (PDQ).**
Available online at:
<http://goo.gl/zxPfpA>

Books

- American Cancer Society. **Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment.** Atlanta, GA: American Cancer Society, 2006
- Burt, Jeannie and White, Gwen. **Lymphedema: A Breast Cancer Patient's Guide to Prevention and Healing.** 2nd Edition. Alameda, CA: Hunter House Inc., Publishers, 2005.
- Ehrlich, Ann B. et al. **Voices of Lymphedema: Stories, Advice, and Inspiration from Patients and Therapists.** San Francisco, CA: Lymph Notes, 2007.
- Kearse, Mary Kathleen et al. **Lymphedema Caregiver's Guide: Arranging and Providing Home Care.** San Francisco, CA: Lymph Notes, 2009.
- McMahon, Elizabeth and Ehrlich, Ann. **Overcoming the Emotional Challenges of Lymphedema.** San Francisco, CA: Lymph Notes, 2005.

- Ross, Diana et al. **Restorative Yoga for Breast Cancer Recovery: Gentle Flowing Yoga for Breast Health, Breast Cancer Related Fatigue & Lymphedema Management.** Breast Cancer Yoga, 2014.
- 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>

Web Resources

- **Lymphatic Education & Research Network**
<http://lymphaticnetwork.org>
Their mission is to fight lymphatic disease and lymphedema through education, research, and advocacy.
- **LymphNotes.com**
<http://lymphnotes.com>
This site provides lymphedema information and resources.
- **National Lymphedema Network**
<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 Cancer Center on the second Tuesday each month from 1:30 to 2:30 p.m.

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