

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

- American Cancer Society. **Lymphedema: What Every Woman with Breast Cancer Should Know.** 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
- CancerCare. **Lymphedema: Finding Resources and Support**
https://media.cancercare.org/publications/original/341-lymphedema_resources.pdf
- Living Beyond Breast Cancer. **Guide to Understanding Lymphedema.**
Available online at:
<https://www.lbbc.org/sites/default/files/Lymphedema%20PDF%202015.pdf>
- National Cancer Institute. **Lymphedema (PDQ®)–Patient Version.** Available online at:
<https://www.cancer.gov/about-cancer/treatment/side-effects/lymphedema/lymphedema-pdq>

Books

- American Cancer Society. **Lymphedema: Understanding and Managing Lymphedema After Cancer Treatment.** Atlanta, GA: American Cancer Society, 2006; e-book: 2012.
- 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 l. **Voices of Lymphedema: Stories, Advice, and Inspiration from Patients and Therapists.** San Francisco, CA: Lymph Notes, 2007, 2012.
- 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.

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.

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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